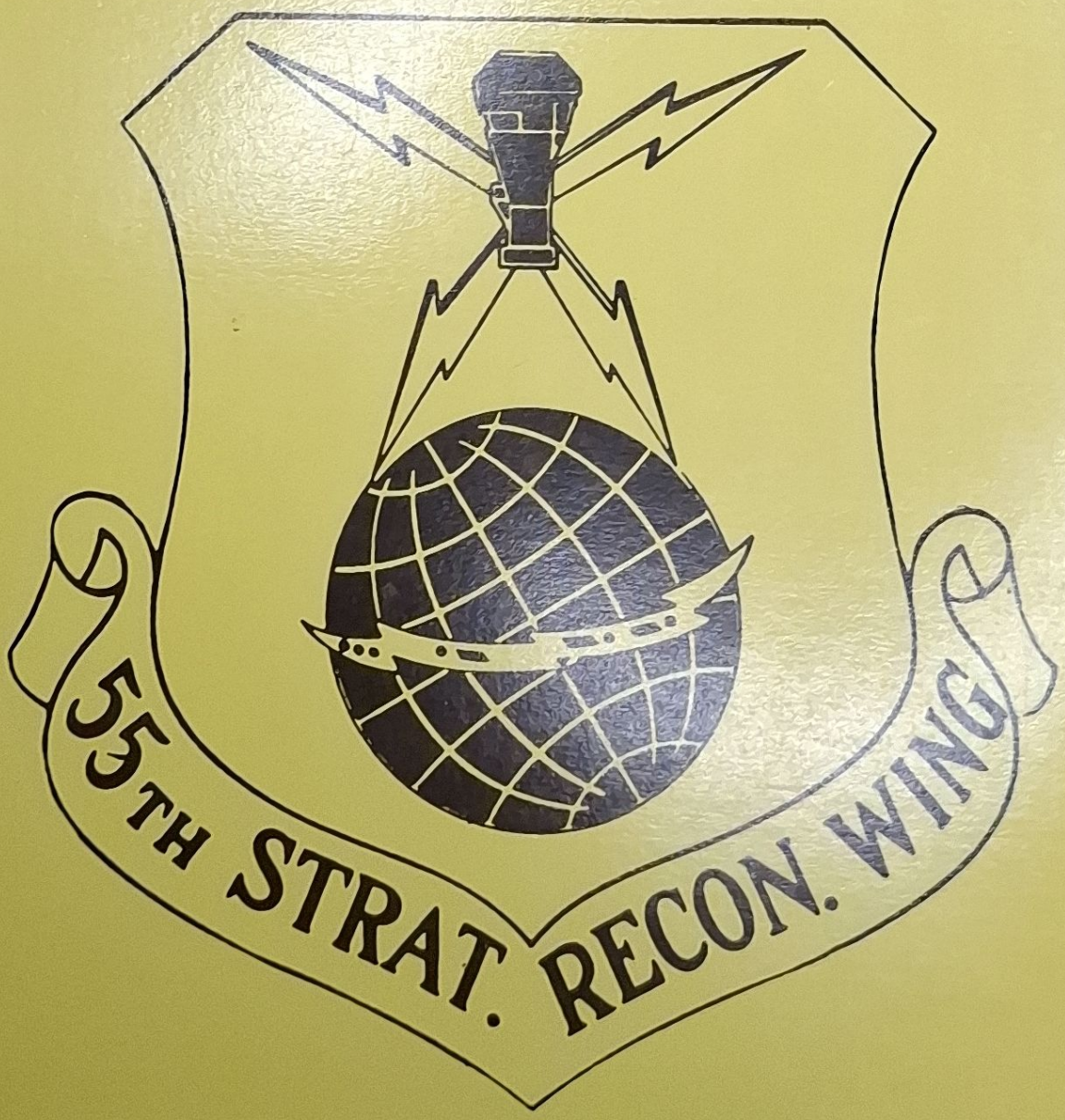
55th Wives' Cookbook



Offutt Air Force Base
Omaha, Nebraska

A BOOK OF

FAVORITE

RECIPES

Compiled by

SUZANNE STEVENS

and

CAROL MOORE

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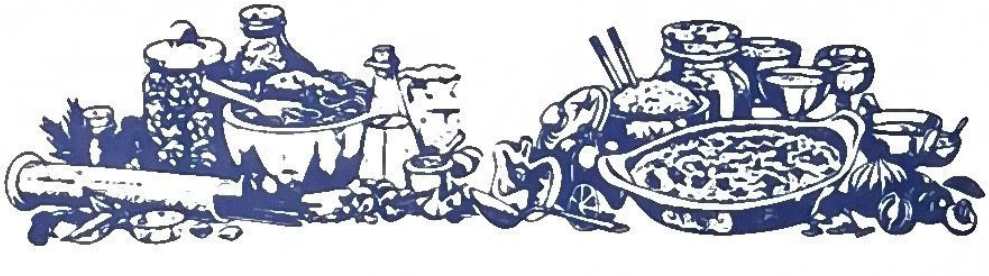


Basic Kitchen Information

THUMB INDEX

REMOVE STAINS

PARTY PLANNING

6 STEPS TO THE PERFECT PIE

TIME TABLE for MEAT COOKERY

FREEZING PREPARED FOODS

EVERYDAY HERB GUIDE

A DIET TO LIVE WITH

QUANTITIES TO SERVE 100 PEOPLE

BURNING UP CALORIES

FIRST AID for HOUSEHOLD EMERGENCIES, HOW TO CONVERT TO METRIC SYSTEM

STEAK COOKING CHART, PARENTS' GLOSSARY, MISCELLANEOUS INFORMATION

Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization and the sponsors wish to thank the helpful institutions, businesses, Governmental agencies and the home economists who worked on it.

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Armour and Co.

Wheat Flour Institute.

EQUIVALENTS

3 tsps.	1 tbsp.
4 tbsps.	¼ cup
5⅓ tbsps.	⅓ cup
8 tbsps.	½ cup
10⅔ tbsps.	⅔ cup
12 tbsps.	¾ cup
16 tbsps.	1 cup
½ cup	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder
1 cup = 5½ ozs.

Cheese, American
1 lb. = 2⅔ cups cubed

Cocoa
1 lb = 4 cups ground

Coffee
1 lb. = 5 cups ground

Corn meal
1 lb. = 3 cups

Cornstarch
1 lb. = 3 cups

Cracker crumbs
23 soda crackers = 1 cup
15 graham crackers = 1 cup

Eggs
1 egg = 4 tbsps. liquid
4 to 5 whole = 1 cup
7 to 9 whites = 1 cup
12 to 14 yolks = 1 cup

Flour
1 lb. all-purpose = 4 cups
1 lb. cake = 4½ cups
1 lb. graham = 3½ cups

Lemons, juice
1 medium = 2 to 3 tbsps.
5 to 8 medium = 1 cup

Lemons, rind
1 lemon = 1 tbsp. grated

Oranges, juice
1 medium = 2 to 3 tbsps.
3 to 4 medium = 1 cup

Oranges, rind
1 = 2 tbsps. grated

Gelatin
3¼ oz. pkg. flavored = ½ cup
¼ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter
1 lb. = 2 cups

Sugar
1 lb. brown = 2½ cups
1 lb. cube = 96 to 160 cubes
1 lb. granulated = 2 cups
1 lb. powdered = 3½ cups

To Remove **STAINS** From Washables

ALCOHOLIC BEVERAGES

Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 min.; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

BLOOD

Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons ammonia per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

CANDLE WAX

Use a dull knife to scrape off as much wax as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

CHEWING GUM

Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

CHOCOLATE AND COCOA

Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

COFFEE

Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stain with non-flammable dry cleaning solvent. Wash again.

CRAYON

Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda.

NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

DEODORANTS

Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

DYE

If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover.

CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

To Remove STAINS From Washables

EGG

Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

FRUIT AND FRUIT JUICES

Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

GRASS

Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

GREASE, OIL, TAR

Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.
Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

INK--BALL-POINT PEN

Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

INK--FOUNTAIN PEN

Run cold water through stain until no more color will come out. Rub in lemon juice and detergent. Let stand 5 minutes. Wash.
If a yellow stain remains, use a commercial rust remover or oxalic acid, as for rust stains.
CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER AND DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

LIPSTICK

Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

MEAT JUICES

Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

MILDEW

Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric.
NOTE: Mildew is very hard to remove; treat promptly.

To Remove STAINS From Washables

MILK, CREAM, ICE CREAM

Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

NAIL POLISH

Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

PAINT

-oil base

Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

-water base

Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

PERSPIRATION

Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

RUST

Soak in lemon juice and salt or oxalic solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used.

CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

SCORCH

Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well.

CAUTION: Severe scorching cannot be removed because of fabric damage.

SOFT DRINKS

Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

TEA

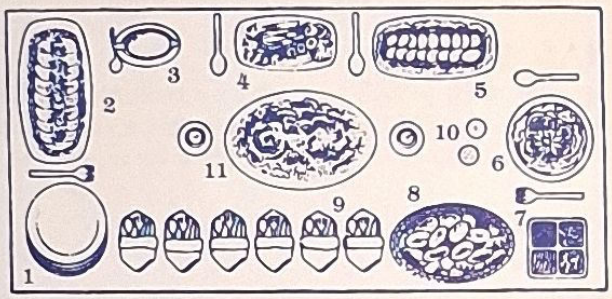
Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

PARTY PLANNING

Buffet Setting

A buffet makes it easy to serve a large group in a small dining area. This setting can be used for any meal by just placing the food in the order of your menu, plates first and eating utensils last.

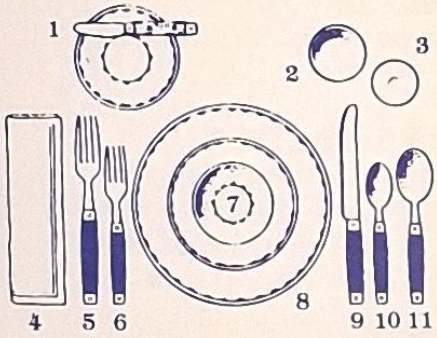
1. Plates; 2. Main dish;
3. Gravy boat on liner plate;
4. Vegetable dish;
5. Other side dish;
6. Salad bowl; 7. Relish tray; 8. Basket of rolls;
9. Napkins with knives, fork and spoons;
10. Salt and pepper;
11. Centerpiece and candles.



Luncheon

A luncheon can be great fun no matter what size the crowd. An optional fruit or soup first course could be followed by:

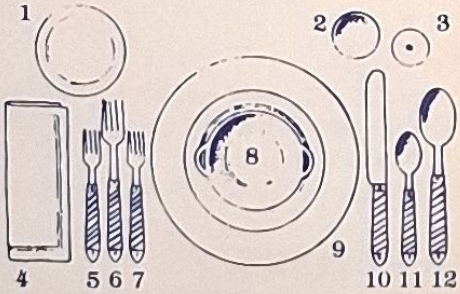
1. Hot casserole or omelet, bread and a light dessert.
2. Cold combination salad, bread and a rich dessert.
3. Small salad, hot main dish and dessert.



1. Bread and butter plate and knife; 2. Water glass; 3. Optional drink glass; 4. Napkin; 5. Luncheon fork; 6. Dessert fork; 7. First course bowl and liner plate; 8. Luncheon plate; 9. Knife; 10. Teaspoon; 11. Soup spoon.

Dinner

You don't have to wait for a special occasion to have a formal dinner party. Sunday dinners with family and friends is a wonderful reason to celebrate by serving a formal dinner and it will almost guarantee help with the extra dishes!



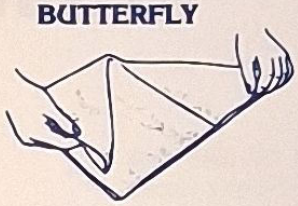
1. Salad plate; 2. Water glass; 3. Optional drink glass; 4. Napkin; 5. Salad fork; 6. Dinner fork; 7. Dessert fork; 8. First-course bowl and liner plate; 9. Dinner plate; 10. Dinner knife; 11. Teaspoon; 12. Soup spoon.

PARTY PLANNING

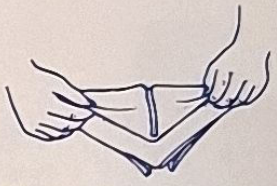
Napkin Folding

Add a final decorative touch to your dinner table by folding napkins into any of the shapes below. Napkins may also be placed on the dinner plates.

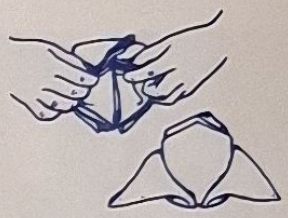
BUTTERFLY



Form a triangle from an open napkin. Fold the right corner to the center.

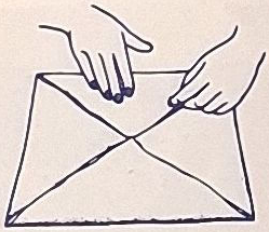


Take the left corner up to center, making a diamond. Keeping the loose points at the top, turn the napkin over, then fold upward, to form a triangle.

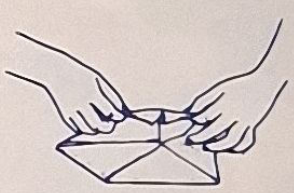


Tuck the left corner into the right. Stand up napkin; turn it round, then turn the petals down; it's now a butterfly.

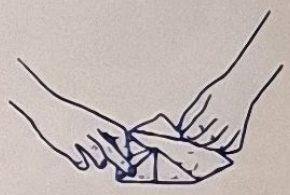
ARTICHOKE



Place all 4 points to the center of an opened napkin.



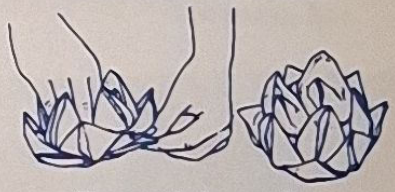
Fold the 4 points to the center of the napkin once more.



Repeat a third time; turn napkin over and fold points to the center once more.

Holding finger firmly at center, unfold 1 petal first from underneath each corner.

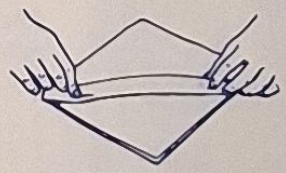
Pull out 4 more from between the petals. Then pull out the next 4 under the petals.



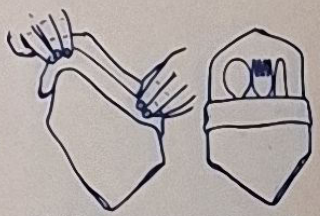
The artichoke now has 12 points.

SILVER BUFFET

Fold the napkin over twice to form a square. Hold the square in a diamond shape.

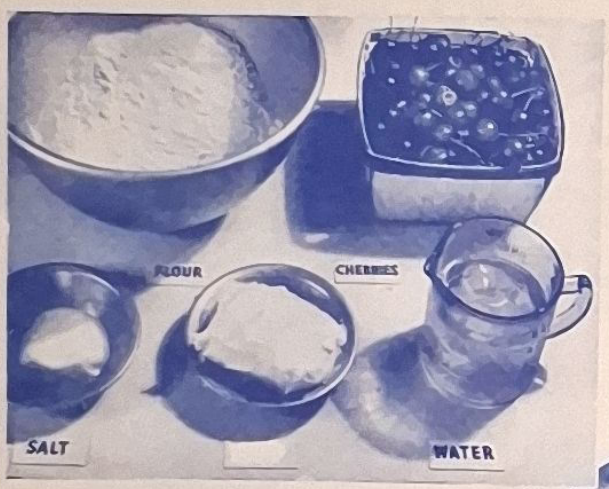


Take the top 2 flaps and roll them halfway down the napkin.



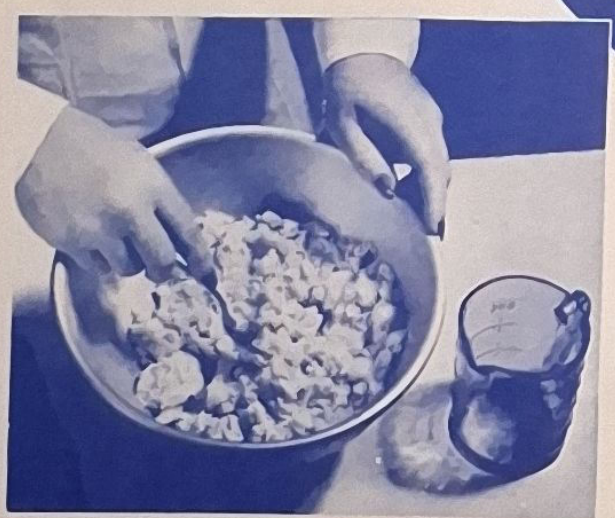
Fold under the right and left points at the sides. There is now a pocket into which you can place the knife, fork and spoon.

6 Easy Steps TO THE



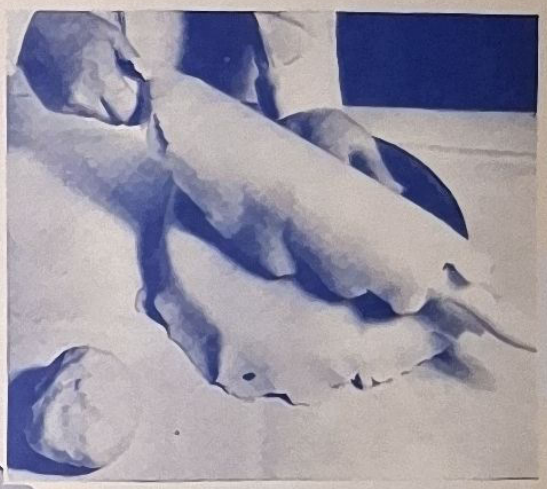
1 The ingredients for the perfect pie crust: 1 teaspoon salt, 2/3 cup vegetable shortening. 2 cups flour, and cold water.

2 Cut shortening into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.

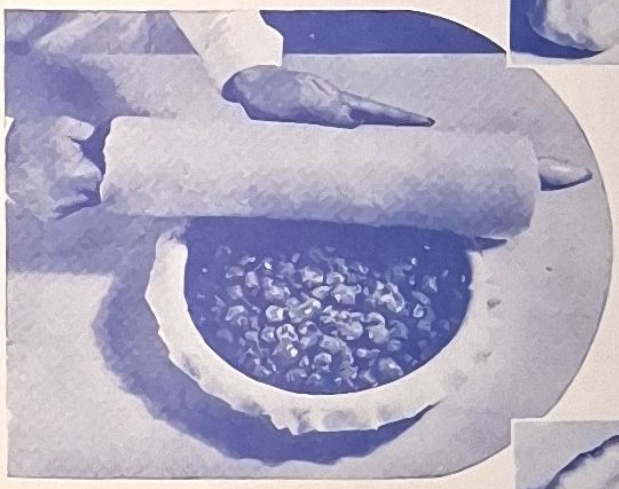


3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds together.

Perfect Pie



4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.

6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) halves		1-1½ lbs.	—	—	30-35

Stewing

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Pork Hocks	3/4 lbs.	3 hours total
Whole Ham	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.		
Rare			140° F.	16-18 min. per lb.
Medium			160° F.	20-22 min. per lb.
Well Done			170° F.	25-30 min. per lb.
Rolled Rib	5-7 lbs.	325° F.		Add 10-12 min. per lb. to above time
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.

Geese—Same as turkey of similar weight.
Duck—Same as heavy chicken of similar weight.

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rolled Lamb Shoulder Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture-vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reuseable, or not. If they are reuseable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers-as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregulaly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ⅛ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool-60°F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil(.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a sauce pan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

Suggested Maximum Home-Storage periods To Maintain Good Quality in Purchased Frozen Foods

Food	Approximate holding period at 0° F.
Fruits and vegetables	
	Months
Fruits:	
Cherries	12
Peaches	12
Raspberries	12
Strawberries	12
Fruit juice concentrates:	
Apple	12
Grape	12
Orange	12
Vegetables:	
Asparagus	8
Beans	8
Cauliflower	8
Corn	8
Peas	8
Spinach	8
Baked goods	
Bread and yeast rolls:	
White bread	3
Cinnamon rolls	2
Plain rolls	3
Cakes:	
Angel	2
Chiffon	2
Chocolate layer	4
Fruit	12
Pound	6
Yellow	6
Danish pastry	3
Doughnuts:	
Cake type	3
Yeast raised	3
Pies (unbaked):	
Apple	8
Boysenberry	8
Cherry	8
Peach	8
Meat	
Beef:	
Hamburger or chipped (thin) steaks	4
Roasts	12
Steaks	12
Lamb:	
Patties (ground meat)	4
Roasts	9
Pork, cured	2
Pork, fresh:	
Chops	4
Roasts	8
Sausage	2
Veal:	
Cutlets, chops	9
Roasts	9

Food	Approximate holding period at 0° F.
Meat - Continued	
	Months
Cooked meat:	
Meat dinners	3
Meat pie	3
Swiss steak	3
Poultry	
Chicken:	
Cut-up	9
Livers	3
Whole	12
Duck, whole	6
Goose, whole	6
Turkey:	
Cut-up	6
Whole	12
Cooked chicken and turkey:	
Chicken or turkey dinners (sliced meat and gravy)	6
Chicken or turkey pies	6
Fried chicken	4
Fried chicken dinners	4
Fish and shellfish	
Fish:	
Fillets:	
Cod, flounder, haddock, halibut, pollack	6
Mullet, ocean perch, sea trout, striped bass	3
Pacific Ocean perch	2
Salmon steaks	2
Sea trout, dressed	3
Striped bass, dressed	3
Whiting, drawn	4
Shellfish:	
Clams, shucked	3
Crabmeat:	
Dungeness	3
King	10
Oysters, shucked	4
Shrimp	12
Cooked fish and shellfish:	
Fish with cheese sauce	3
Fish with lemon butter sauce	3
Fried fish dinner	3
Fried fish sticks, scallops, or shrimp	3
Shrimp creole	3
Tuna pie	3
Frozen desserts	
Ice cream	1
Sherbet	1

EVERY DAY HERB GUIDE

	ANISE SEED	BASIL	BAY LEAVES	CARAWAY SEED	DILL SEED	OREGANO	ROSEMARY	SAGE	SESAME SEED	TARRAGON	THYME	TURMERIC
APPETIZERS & BEVERAGES	Adds licorice flavor to Milk or Tea	Pizza, Stuffed Celery, Butter Spreads, Tomato Juice	Tomato and Vegetable Juices	Add whole to Popcorn Balls, Cheese Spreads & Dips, Tea	Use ¼ tsp. in Spreads, Avocado Dip, a dash in Tomato Juice	Pizza, Guacamole, Sharp Cheese Spread, Vegetable & Tomato Juice	Gin Punch	Sharp Cheese Spreads, Tea	Add to Dips and Spreads. Sprinkle toasted seed over Canapes	Avocado Dip, Liver Pate, Vegetable & Tomato Juices	Fish Spreads, Clam & Tomato Juices	
BREADS & ROLLS	Use as garnish or add to dough for Coffeecake and Sweet Rolls			Biscuits, Waffles, Rye Bread, Rolls	Rye and Dark Breads	Herb Bread	Biscuits, Corn Bread	Biscuits, Corn Bread, Waffles	Use generously in Biscuits, Buns, Coffee-cake, Waffles Breads		Biscuits	
CAKES & COOKIES	Add whole or crushed to Spongecake, Spicecake, Cupcakes			Delightful addition to Poundcake, Spicecake	Use crushed in Poundcake				Cheesecake			
CASSEROLES	An unusual touch in Stew	Crush leaves just before adding to Goulash, Stews, Veal Scaloppine, Meat Pies, Spanish Rice, Stuffing	All Stews, Chicken Casseroles & Rice Dishes	Meat Pie Crusts, Stews, Noodle Dishes	Lamb Stew, Macaroni, Chicken Dishes. Use ¼ to ½ tsp. per 4 servings	Use ⅛ tsp. for 6 servings, crushed, in Chili Con Carne, Tamale Pie, Beef & Veal Stew	Use ¼ tsp. per 4 servings, crushed, in Corned Beef & Cabbage, Ham Loaf, Chicken Stew, Beef Stew, Dumplings	Use ¼ tsp. per 4 servings in Stews, Cheese Casseroles, Stuffings & Dumplings	Dumplings, Crumb Toppings, Rice Dishes	Use ¼ tsp. per 4 servings in Chicken A La King, Cheese Casseroles	Use ½ tsp. for 4 servings, crushed, in Stews, Chipped Beef, Creamed Chicken, Croquettes, Fricassees	Macaroni & Noodle Dishes. Rice Dishes where Saffron is not used, Curried Dishes.
DESSERTS	Springerle, Butter Cookies, Candies, All Fruit Pies, Compotes, Applesauce, Stewed Apples			Use crushed or whole in Rolled Cookies & Candies, Baked & Stewed Apples	Rolled "Dilly Cookies, Apple Pie				Rolled Cookies, Pastries, Pecan Pie, Piecrusts			Rolled Cookies
EGGS & CHEESE	Cottage & Cream Cheese	Scrambled Eggs, Souffles, Rarebits, Cream & Cottage Cheese		Cottage Cheese, Rarebits	Omelets, Egg Dishes, Cottage & Cream Cheese	Scrambled Eggs, Omelets	Omelets, Deviled & Scrambled Eggs	Creamed Eggs, Cheddar & Cottage Cheese	Soft Cheeses	Omelets, Eggs Benedict, All Egg Dishes, Cottage Cheese	Shirred Eggs, Cottage Cheese	Sprinkle on Souffles, Creamed, Deviled & Scrambled Eggs

FISH	Hard-Shelled Crab, Shrimp, Steamed Cod	Shrimp, Lobster, Halibut	Cod, Boiled or Steamed Shrimp, Crab & Lobster, Poached Halibut & Salmon	Clams, Oysters, Shrimp	Halibut, Shrimp, Sole, Lobster	Shrimp, Clams, Lobster, Stuffed Fish	Salmon, Crab, Shrimp, Halibut, Creamed Seafood	Baked Halibut, Salmon, Cod	Sprinkle on Fish before broiling, or add to breading	Crab, Lobster, Salmon, Tuna	Sprinkle lightly on Tuna, Scallops, Crab, Sole, Clams	Creamed Salmon, Lobster, Shrimp
MEAT & POULTRY	Use ¼ tsp. for 4 servings of Veal, Chicken, Duck, Sausage	Veal Roast, Lamb Chops, Liver, Barbecued Chicken, Duck, Sausage	Pot Roast, Oxtails, Shish Kebab, Sauerbraten, Boiled Pork or Chicken	Spareribs, Roast Pork, Liver, Kidneys, Goose	Beef, Veal, Pork Chops, Lamb Chops	Meatloaf, Meatballs, Pork, Veal, Swiss Steak, Duck, Lamb, Sausage, Stuffings	Beef, Pork, Veal, Lamb, Poultry, Game	All Pork Dishes, Duck, Hamburgers, Sausage, Meat Loaf	Pork Chops, Chicken Cutlets, Lamb, add 2 tsp. to 1 lb. ground beef for hamburgers	Broiled Chicken, Squab, Duck, Steaks, Veal	All Meats, Meatloaf, Liver, Chicken, Turkey	Add ⅛ tsp. to Curried Lamb or Beef, Broiled Chicken
PRESERVES & PICKLES	Add whole to Sweet Pickles	Mustard Sauce	Beets, Mixed & Sour Pickles	Beets, Sour & Mixed Pickles	Dill Pickles, of course!	Mustard Sauce		Mustard Sauce		Mustard Sauce, Sour Pickles	Mustard Sauce	Chow Chow, Chutney, Mixed Pickles, Relishes
SALADS & DRESSINGS	Use whole or crushed in Waldorf, Fruit and Vegetable Salads	Aspics, Tossed, Chicken, Seafood & Cucumber Salads, French & Russian Dressings	Aspics, Tomato Salad, French Dressing	Add whole to Potato, Vegetable, Tomato & Cucumber Salads, Cole Slaw, Dressings	Potato, Macaroni, Cucumber & Vegetable Salads, French & Sour Cream Dressings	Egg, Bean, Tomato, Vegetable, Seafood Salads	Fruit or Meat Salads	Salad Greens & French Dressing	Vegetable Salads & Dressings	Tossed, Chicken, Fruit, Seafood, Egg Salads, Dressings & Vinegars	Tossed, Beet & Tomato Salads, Tomato Aspic	Use ½ tsp. per cup in French & Mayonnaise Dressings, or ¼ tsp. for color
SAUCES & GRAVIES		Seafood, Butter, Spaghetti, Tomato & Pizza Sauces	Bordelaise & Marinades	Marinades, Seasoned Butters	Crush and add to Cream Sauce, Spiced Vinegar, Drawn Butter	Spaghetti, Tomato, Cream, Butter Sauces, Marinades & Gravies	Cheese, A La King, Barbecue Spaghetti & Tomato Sauces, Brown Gravy	Add a dash to Brown & Cream Gravies, Barbecue Sauce		Bearnaise, Butter, Mustard, Tartar, Sweet-Sour Sauces, Marinades	Bordelaise, Creole, Butter & Barbecue Sauces	Add ¼ tsp. to Butter, Cheese, Cream & Mustard Sauces
SOUPS & CHOWDERS		Bean, Beef, Pea, Tomato, Potato, Turtle, Manhattan Clam Chowder	Vegetable, Bean, Fish Chowders	Creamed, Fish Bisques	Chicken, Cream of Tomato, Split Pea, Navy Bean	Bean, Beef, Minestrone, Tomato Soups & Fish Chowder	Chicken, Minestrone, Split Pea, Vegetable	Creamed, Fish, Chicken Chowder, Consomme	Creamed Soups	Chicken, Consomme, Mushroom, Fish, Pea, Tomato	Gumbo, Fish & Clam, Pea, Vegetable	Add a dash to Creamed Soups and Chowders
VEGETABLES		Eggplant, Peas, Squash, String Beans, Zucchini, perfect for all Tomatoes	Asparagus, Beets, Beans, Carrots, Artichokes, Boiled Potatoes, Tomatoes	Asparagus, Cauliflower, French Fried Potatoes, Cabbage, Sauerkraut	Add ¼ tsp. to Beets, Carrots, Peas, Cabbage, Turnips, Cauliflower, Sauerkraut, Tomatoes	Onions, Potatoes, Peas, Spinach, String Beans, Tomatoes, Zucchini	Eggplant, Beans, Peas, Squash, Spinach, Boiled Potatoes, Sauteed Mushrooms	Green Beans, Eggplant, Brussels Sprouts, Onions, Lima Beans, Peas, Tomatoes	Use toasted as garnish for Asparagus, Boiled Potatoes, Green Beans, Tomatoes, Spinach	Asparagus, Beans, Broccoli, Cabbage, Peas, Cauliflower, Mushrooms, Potatoes, Tomatoes	Artichokes, Beans, Beets, Carrots, Mushrooms, Onions, Tomatoes, Potatoes	Sprinkle on Creamed Potatoes

A DIET TO LIVE WITH

Good nutrition is important whether you are dieting to lose weight or to maintain your ideal weight. A good low-calorie diet meets your daily nutritional needs, subtracting calories without sacrificing the minerals, vitamins and other food requirements. With the lists below you can keep your diet varied and exciting. It is imperative that you combine choices from each of the groups daily.

GROUP I: DARK GREEN AND YELLOW VEGETABLES

These vegetables are high in essential minerals-iron, calcium and phosphorus-and in vitamins A and C. A one cup serving of the starred (*) vegetables will supply all the vitamin A you need daily. Using two or more of the other vegetables listed will round out your daily nutritional needs. This does not include butter or margarine. Those calories are counted from Group IX.

35 calories per ½ cup serving:

* Carrots * Pumpkin * Winter squash (butternut, acorn or hubbard)

20 calories per ½ cup serving:

Asparagus (6 spears)	Broccoli	* Spinach	Green Beans
Green Peppers	* Kale	* Dandelion Greens	Tomatoes
Turnip Greens	* Collards	* Mustard Greens	

* Escarole and Lettuce equal 15 calories in a one cup serving.

GROUP II: OTHER VEGETABLES

These vegetables are also important for daily nutritional needs. Plan one or more servings per day and do not substitute with vegetables in Group I. These vegetables do not include butter or margarine. Those calories are counted from Group IX.

50 calories for ½ cup serving:

Beets Onions Parsnips Turnips (¾ cup)

15 calories or less per ½ cup serving:

Bean Sprouts	Brussel Sprouts	Cabbage	Cauliflower
Celery	Chard	Cucumbers	Endive
Radishes	Kohlrabi	Mushrooms	Okra
	Sauerkraut	Zucchini	Yellow Squash

GROUP III: HIGH VITAMIN C FRUITS

One serving of any fruit listed here will meet your daily need for vitamin C.

1 cup of fresh strawberries is 50 calories.

70 calories per serving:

1 cup unsweetened grapefruit sections, (fresh or canned)
6 oz. grapefruit juice
1 medium size orange
6 oz. orange juice
1 cup papaya cubes

GROUP IV: MEDIUM-HIGH VITAMIN C FRUITS

Serve two portions of these each day, or one portion plus one of the starred vegetables listed in Group I. These fruits are 40 calories per serving.

¼ cantaloupe
1 tangerine
½ grapefruit, fresh
1 cup tomato juice
½ cup red raspberries

GROUP V: OTHER FRUITS

1 small apple
2 fresh apricots
½ small banana
½ cup fresh blueberries
2 figs, fresh or dried
½ cup Tokay, Malaga or seedless grapes
1 cup cubed watermelon
⅓ medium papaya
1 small pear
⅓ cup unsweetened pineapple juice
1 Tbsp. seedless raisins
½ cup unsweetened applesauce
Dried apricots, 4 halves
½ cup fresh blackberries
10 dark, sweet cherries
2 dates, fresh or dried
¼ cup grape juice
1 wedge honeydew 7 x 2
½ Mango
1 medium peach
½ cup cubed pineapple
2 medium plums

GROUP VI: MILK

With any diet, a pint of low fat milk a day is a must for adults and this counts as 180 calories. Milk may be incorporated into dishes in the meal or as a beverage with meals or as a snack inbetween meals.

GROUP VII: MEATS

This group includes beef, veal, lamb, pork, ham and poultry, fish, cheese and eggs. We require 375 calories of cooked lean meat or their equivalent every day.

For a 225 calorie serving:

1 slice prime rib roast, 5 x 3½ x ⅛ in.
1 slice sirloin or round roast, 5 x 4 x ¼ in.
1 slice roast lamb, 4 x 4 x ¼ in.
1 slice baked ham, 5⅛ x 3½ x ¼ in.
2 slices roast pork, 3 x 1½ x ½ in.
3 slices roast veal, 3 x 2 x ½ in.
1 broiled loin lamb chop
1 broiled pork chop
1 cup low-fat cottage cheese
1 broiled veal chop
1 broiled ground beef patty (4oz. raw)
3 slices roast turkey 3 x 3 x⅛ in.
3 slices of roast chicken 3 x 3 x ¼ in.
1 fried breast from 2 lb. chicken
½ cup boned, canned chicken
1 piece broiled halibut, 4 x 3 x ½ in.
1 piece broiled or baked salmon, 4 x 3 x⅛ in.

For 150 calorie serving:

½ of 2 lb. chicken, broiled
3 medium size chicken livers, broiled
1 piece liver, 3½ x 2½ x ⅛ in.
2½ slices canned corned beef, 3 x 2¼ x ⅛ in.
2 slices bologna
3 slices boiled tongue, 5 x 3 x ⅛ in.
1 frankfurter, boiled
2 slices packaged boiled ham
9 shrimp (20 to the lb.) boiled
12 med. oysters
⅝ cup crab meat
¾ cup low-fat cottage cheese
1 cube cheddar cheese, 1½ in.
2 eggs, boiled or poached
⅓ cup canned salmon
½ cup water packed tuna
1 piece boiled haddock, 4½ x 4 x ½ in.
1 piece boiled mackerel, 4 x 2 x ½ in.
1 fishcake, 2½ in. in diameter
4 small, Atlantic-type sardines
2 large California type sardines
12 cherrystone clams

GROUP VIII: HIGH STARCH FOODS

70 calories without butter or margarine

1 slice bread (16 slices to a lb.)
2 graham crackers
5 square saltines
3 rectangular wafers
½ cup whole wheat cereal
⅓ cup cooked rice
1 small baked or broiled potato
½ medium baked sweet potato
⅓ cup cooked noodles or macaroni
¼ cup baked beans without pork
1 cup popped corn
1 two inch dinner roll
20 oyster crackers
3 square soda crackers
½ cup oatmeal
¾ cup dry cereal flakes or puffs
½ cup cooked grits
½ cup mashed potato (milk added only)
½ cup cooked spaghetti
⅓ cup cooked beans
½ cup corn

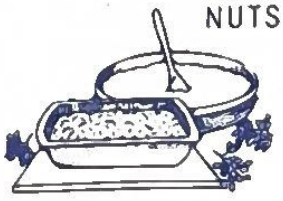
GROUP IX: BUTTER, MARGARINE, FATS OR OILS

55 calories per serving

1 pat butter or margarine (1/16 of a stick)
2 Tbsp. light cream
2 Tbsp. dairy sour cream
1 Tbsp. cream cheese
6 small nuts
1½ tsp. vegetable or olive oil
1 Tbsp. heavy cream
1½ tsp. mayo or salad dressing
1 Tbsp. seasoned salad dressing

Quantities to Serve 100 People

COFFEE	- 3 LBS.
LOAF SUGAR	- 3 LBS.
CREAM	- 3 QUARTS
WHIPPING CREAM	- 4 PTS.
MILK	- 6 GALLONS
FRUIT COCKTAIL	- 2½ GALLONS
FRUIT JUICE	- 4 NO. 10 CANS (26 LBS.)
TOMATO JUICE	- 4 NO. 10 CANS (26 LBS.)
SOUP	- 5 GALLONS
OYSTERS	- 18 QUARTS
WEINERS	- 25 LBS.
MEAT LOAF	- 24 LBS.
HAM	- 40 LBS.
BEEF	- 40 LBS.
ROAST PORK	- 40 LBS.
HAMBURGER	- 30-36 LBS.
CHICKEN FOR CHICKEN PIE	- 40 LBS.
POTATOES	- 35 LBS.
SCALLOPED POTATOES	- 5 GALLON
VEGETABLES	- 4 NO. 10 CANS (26 LBS.)
BAKED BEANS	- 5 GALLON
BEETS	- 30 LBS.
CAULIFLOWER	- 18 LBS
CABBAGE FOR SLAW	- 20 LBS.
CARROTS	- 33 LBS.
BREAD	- 10 LOAVES
ROLLS	- 200
BUTTER	- 3 LBS.
POTATO SALAD	- 12 QUARTS
FRUIT SALAD	- 20 QUARTS
VEGETABLE SALAD	- 20 QUARTS
LETTUCE	- 20 HEADS
SALAD DRESSING	- 3 QUARTS
PIES	- 18
CAKES	- 8
ICE CREAM	- 4 GALLONS
CHEESE	- 3 LBS.
OLIVES	- 1¾ LBS.
PICKLES	- 2 QUARTS
NUTS	- 3 LBS. SORTED



To serve 50 people, divide by 2
To serve 25 people, divide by 4

CALORIES BURNED UP DURING TEN MINUTES OF CONTINUOUS ACTIVITY

According to Body Weight ⇨	Body Wt.#	150#	175#	200#	225#	250#	275#	300#
PERSONAL ACTIVITIES								
Sleeping		12	14	16	18	20	22	24
Sitting (TV or reading)		12	14	16	18	20	22	24
Sitting (Conversing)		18	21	24	28	30	34	37
Washing/Dressing		32	38	42	47	53	58	63
Standing quietly		14	17	19	21	24	26	28
SEDENTARY OCCUPATION								
Sitting/Writing		18	21	24	28	30	34	37
Light Office Work		30	35	39	45	50	55	60
Standing (Light activity)		24	28	32	37	40	45	50
HOUSEWORK								
General Housework		41	48	53	60	68	74	81
Washing Windows		42	49	54	61	69	76	83
Making Beds		39	46	52	58	65	75	85
Mopping Floors		46	54	60	68	75	83	91
Light Gardening		36	42	47	53	59	66	73
Weeding Garden		59	69	78	88	98	109	120
Mowing Grass (power)		41	48	53	60	67	74	81
Mowing Grass (manual)		45	53	58	66	74	81	88
Shoveling Snow		78	92	100	117	130	144	160
LIGHT WORK								
Factory Assembly		24	28	32	37	40	45	50
Truck-Auto Repair		42	49	54	61	69	76	83
Carpentry/Farm Work		38	45	51	58	64	71	78
Brick Laying		34	40	45	51	57	62	67
HEAVY WORK								
Chopping Wood		73	86	96	109	121	134	156
Pick & Shovel Work		67	79	88	100	110	120	130

(# = lb.)

CALORIES BURNED UP DURING TEN MINUTES OF CONTINUOUS ACTIVITY (Continued)

According to Body Weight ⇨	Body Wt.#	150#	175#	200#	225#	250#	275#	300#
LOCOMOTION								
Walking - 2 mph		35	40	46	53	58	64	69
One mile - @ 2 mph		105	120	140	157	175	193	210
Walking - 4½ mph		67	78	87	98	110	120	131
One mile - 4½ mph		89	103	115	130	147	160	173
Walking Upstairs		175	201	229	259	288	318	350
Walking Downstairs		67	78	88	100	111	122	134
Jogging - 5½ mph		108	127	142	160	178	197	215
Running - 7 mph		141	164	187	208	232	256	280
Running - 12 mph (sprint)		197	230	258	295	326	360	395
Running in place (140 count)		242	284	325	363	405	447	490
Bicycle - 5½ mph		50	58	67	75	83	92	101
Bicycle - 13 mph		107	125	142	160	178	197	216
RECREATION								
Badminton or Volleyball		52	67	75	85	94	104	115
Baseball (except pitcher)		47	54	62	70	78	86	94
Basketball		70	82	93	105	117	128	140
Bowling (nonstop)		67	82	90	100	111	122	133
Dancing - moderate		42	49	55	62	69	77	86
Dancing - vigorous		57	67	75	86	94	104	115
Square Dancing		68	80	90	103	113	124	135
Football		83	97	110	123	137	152	167
Golf - foursome		40	47	55	62	68	75	83
Horseback Riding (trot)		67	78	90	102	112	123	134
Ping Pong		38	43	52	58	64	71	78
Skiing - (alpine)		96	113	128	145	160	177	195
Skiing - (cross country)		117	137	158	174	194	214	235
Skiing - (water)		73	92	104	117	130	142	165
Swimming - (backstroke) 20 yd/min		38	43	52	58	64	71	79
Swimming - (breaststroke) 20 yd/min		48	55	63	72	80	88	96
Swimming - crawl 20 yd/min		48	55	63	72	80	88	96
Tennis		67	80	92	103	115	125	135
Wrestling, Judo or Karate		129	150	175	192	213	235	257

(# = lb.)

FIRST AID IN HOUSEHOLD EMERGENCIES

POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

- *Dilute* poison with large amounts of liquids — milk, or water.
- Wash out by inducing vomiting, when not a strong acid, strong alkali or petroleum.
- For acid poisons do not induce vomiting, but neutralize with milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting.
- Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call ambulance immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down, preferably with head lower than body.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person. Patient must be alert.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.
- Fainting is most common and last form of shock. Patient will respond in 30-60 seconds by merely allowing patient to lie head down if possible on floor.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: Apply or submerge the burned area in cold water. Apply a protective dry sterile cloth or gauze dry dressing if necessary. Do not apply grease or an antiseptic ointment or spray. Call doctor and keep patient warm (not hot) with severe burns.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: **Minor Cuts**—Apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture Wounds**—Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: Pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: Keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (1 tsp. salt to 1 glass water) ½ glass every 15 minutes. Call doctor.

GENERAL DIRECTIONS FOR FIRST AID

1. Effect a prompt rescue.
2. Maintain an open airway.
3. Control severe bleeding by direct pressure over bleeding site. No tourniquet.
4. Give First Aid for poisoning.
5. Do not move victim unless it is necessary for safety reasons.
6. Protect the victim from unnecessary manipulation and disturbance.
7. Avoid or overcome chilling by using blankets or covers, if available.
8. Determine the injuries or cause for sudden illness.
9. Examine the victim methodically but be guided by the kind of accident or sudden illness and the need of the situation.
10. Carry out the indicated First Aid.

How To Convert To Metric System

Length

When You Know:	Multiply by:	To Find:
millimeters	0.04	inches
centimeters	0.4	inches
meters	3.3	feet
kilometers	0.6	miles
inches	2.54	centimeters
feet	30	centimeters
yards	0.9	meters
miles	1.6	kilometers

Weight

When You Know:	Multiply by:	To Find:
grams	0.035	ounces
kilograms	2.2	pounds
ounces	28	grams
pounds	0.45	kilograms

Volume

When You Know:	Multiply by:	To Find:
milliliters	0.2	teaspoons
milliliters	0.07	tablespoons
milliliters	0.03	fluid ounces
liters	4.23	cups
liters	2.1	pints
liters	1.06	quarts
liters	0.26	gallons
teaspoons	5	milliliters
tablespoons	15	milliliters
fluid ounces	30	milliliters
cups	0.24	liters
pints	0.47	liters
quarts	0.95	liters
gallons	3.8	liters

Temperature

When You Know:	Multiply by:	To Find:
degrees Celsius	9/5, and add 32	degrees Fahrenheit
degrees Fahrenheit	5/9 (after subtracting 32)	degrees Celsius

STEAK COOKING CHART

-To Prepare Your Steaks-

Thaw in refrigerator, bring meat to room temperature before cooking. You can successfully cook frozen steaks. Start by searing both sides to seal in juices. Then reduce heat for slow cooking to allow the inside to thaw. Follow the chart below, but allow about twice the cooking time for frozen steaks.

For juicier and more flavorful steaks, tongs should be used when handling or turning. Cooking units vary of course and it is always advisable to run your own tests when cooking steaks. The chart below is a guide.

The cooking times below are for fully thawed steaks.
Filet Mignons take one to two minutes less total time to cook.

Cooking Instructions		Red-Hot Charcoal 2¾" from heat source		Pre-heated oven broiler 2" from heat source	
Thickness	**Doneness**	**First side**	**After turning**	**First side**	**After turning**
¾"	Rare	4 Minutes	2 Minutes	5 Minutes	4 Minutes
	Medium	5 Minutes	3 Minutes	7 Minutes	5 Minutes
	Well	7 Minutes	5 Minutes	10 Minutes	8 Minutes
1"	Rare	5 Minutes	3 Minutes	6 Minutes	5 Minutes
	Medium	6 Minutes	4 Minutes	8 Minutes	6 Minutes
	Well	8 Minutes	6 Minutes	11 Minutes	9 Minutes
1¼"	Rare	5 Minutes	4 Minutes	7 Minutes	5 Minutes
	Medium	7 Minutes	5 Minutes	8 Minutes	7 Minutes
	Well	9 Minutes	7 Minutes	12 Minutes	10 Minutes
1½"	Rare	6 Minutes	4 Minutes	7 Minutes	6 Minutes
	Medium	7 Minutes	6 Minutes	9 Minutes	7 Minutes
	Well	10 Minutes	8 Minutes	13 Minutes	11 Minutes
1¾"	Rare	7 Minutes	5 Minutes	8 Minutes	7 Minutes
	Medium	8 Minutes	7 Minutes	9 Minutes	8 Minutes
	Well	11 Minutes	9 Minutes	14 Minutes	12 Minutes

If you prefer to cook your steaks in your conventional oven, do not thaw, and preheat oven to 450°. As a guide for medium-rare steaks allow approximately:
10-11 minutes per side for an 8 oz. Filet of Prime Rib
12-13 minutes per side for an 8 oz. Top Sirloin
9 minutes per side for an 11 or 12 oz. Boneless Strip Sirloin
10-11 minutes per side for a 6 oz. Filet Mignon

Because ovens may vary in the amount of heat produced and the best distance to place the meat from the burners, tests on your equipment are valuable.

PARENTS' GLOSSARY OF KIDS' KITCHEN TERMS

Appetizing: Anything advertised on TV.
Boil: The point a parent reaches upon hearing the automatic "yuk" before a food is even tasted.
Casserole: Combination of favorite foods that go uneaten because they are mixed together.
Chair: Spot left vacant by mid-meal bathroom visit.
Cookie (Last One): Item that must be eaten in front of a sibling.
Crust: Part of a sandwich saved for the starving children of: China, India, Africa, or Europe (check one).
Desserts: The reason for eating a meal.
Evaporate: Magic trick reformed by children when it comes time to clear the table or wash dishes.
Fat: Microscopic substance detected visually by children on pieces of meat they do not wish to eat.
Floor: Place for all food not found on lap or chair.
Fork: Eating utensil made obsolete by the discovery of fingers.
Fried Foods: Gourmet cooking.
Frozen: Condition of children's jaws when spinach is served.
Fruit: A natural sweet not to be confused with dessert.
Germs: the only thing kids will share freely.
Kitchen: The only room not used when eating crumbly snacks.
Leftovers: Commonly described as "gross".
Liver: A food that affects genes, creating a hereditary dislike.
Lollipop: A snack provided by people who don't have to pay dental bills.
Macaroni: Material for a collage.
Measuring Cup: A kitchen untensil that is stored in the sandbox.
Metric: A system of measurement that will be accepted only after forty years of wandering in the desert.
Napkin: Any worn cloth object, such as shirt or pants.
Natural Food: Food eaten with unwashed hands.
Nutrition: Secret war waged by parents using direct commands, camouflage, and constant guard duty.
Plate: A breakable Frisbee.
Refrigerator: A very expensive and inefficient room air conditioner.
Saliva: A medium for blowing bubbles.
Soda Pop: Shake 'N Spray.
Table: A place for storing gum.
Table Leg: Percussion instrument.
Thirsty: How your child feels after you've said your final "good night".
Vegetable: A basic food known to satisfy kid's hunger - but only by sight.
Water: Popular beverage in underdeveloped countries.

Where to look in the Bible

when

Anxious for dear ones—*Ps 121, Luke 17*

Business is poor—*Ps 37, 92 Eccl 5*

Discouraged—*Ps 23, 42, 43*

Everything seems going from bad to worse—*II Tim 3, Heb 13*

Friends seem to go back on you—*Matt 5, I Cor 13*

Sorrow overtakes you—*Ps 46, Matt 28*

Tempted to do wrong—*Ps 15, 19, 139, Matt 4 James 1*

Things look "blue"—*Ps 34, 71 Isa 40*

You seem too busy—*Eccl 3 1 15*

You can't go to sleep—*Ps 4 56, 130*

You have quarreled—*Matt 18, Eph 4, James 4*

You are weary—*Ps 95 1-7, Matt 11*

Worries oppress you—*Ps 46, Matt 6*

If you

Are challenged by opposing forces—*Eph 6, Phil 4*

Are facing a crisis—*Job 28 12-28, Prov 8, Isa 55*

Are jealous—*Ps 49, James 3*

Are impatient—*Ps 40, 90, Heb 12*

Are bereaved—*I Cor 15, I Thess 4 13-5 28, Rev 21 22*

Are bored—*II Kings 5, Job 38, Ps 103, 104, Eph 3*

when

Desiring inward peace—*John 14, Rom 8*

Everything is going well—*Ps 33 12 22, 100 I Tim 6, James 2 1 17*

Satisfied with yourself—*Prov 11, Luke 16*

Seeking the best investment—*Matt 7*

Starting a new job—*Ps 1, Prov 16, Phil 3 7 21*

You have been placed in a position of responsibility—*Joshua 1 1 9 Prov 2 II Cor 8 1-15*

Making a new home—*Ps 127, Prov 17, Eph 5, Col 3, I Peter 3 1-17, I John 4*

You are out for a good time—*Matt 15 1 20, II Cor 3, Gal 5*

Wanting to live successfully with your fellowmen—*Rom 12*

to find

The Ten Commandments—*Exo 20, Deut 5*

The Shepherd Psalm—*Ps 23*

The Birth of Jesus—*Matt 1, 2, Luke 2*

The Beatitudes—*Matt 5 1 12*

The Lord's Prayer—*Matt 6 5-15, Luke 11 1 13*

The Sermon on the Mount—*Matt 5, 6, 7*

The Great Commandments—*Matt 22 34-40*

The Great Commission—*Matt 28 16-20*

The Parable of the Good Samaritan—*Luke 10*

The Parable of the Prodigal Son—*Luke 15*

The Parable of the Sower—*Matt 13, Mark 4, Luke 8*

The Last Judgment—*Matt 25*

The Crucifixion, Death and Resurrection of Jesus—*Matt 26, 27, 28, Mark 14, 15, 16, Luke 22, 23, 24 John. Chapters 13 to 21*

The Outpouring of the Holy Spirit—*Acts 2*

If you

Bear a grudge—*Luke 6, I Cor 4, Eph 4*

Have experienced severe losses—*Col 1, I Peter 1*

Have been disobedient—*Isa 6, Mark 12, Luke 5*

Need forgiveness—*Matt 23, Luke 15, Philemon*

Are sick or in pain—*Ps 6, 39, 41, 67, Isa 26*

when you

Feel your faith is weak—*Ps 126, 146, Heb 11*

Think God seems far away—*Ps 25, 125, 138, Luke 10*

Are leaving home—*Ps 119, Prov 3, 4*

Are planning your budget—*Mark 4 Luke 19*

Are becoming lax and indifferent—*Matt 25, Rev 3*

Are lonely or fearful—*Ps 27, 91, Luke 8, I Peter 4*

Fear death—*John 11 17, 20 II Cor 5, I John 3, Rev 14*

Have sinned—*Ps 51 Isa 53, John 3, I John 1*

Want to know the way of prayer—*I Kings 8 12 61, Luke 11, 18*

Want a worshipful mood—*Ps 24, 84, 116, Isa 1 10 20, John 4 1-45*

Are concerned with God in national life—*Deut 8, Ps 85, 118, 124, Isa 41 8-20, Micah 4, 6 6 16*

courtesy American Bible Society

Favorite Family Recipes

Expression of Appreciation

A special thank you to the wives and members of the 55th Strategic Reconnaissance Wing for their cooperation and especially for sharing their favorite recipes.

1st ACC Squadron
2nd ACC Squadron
38th Strategic Reconnaissance Squadron
343rd Strategic Reconnaissance Squadron
55th Headquarters Squadron
Avionics Maintenance Squadron
Field Maintenance Squadron
Organizational Maintenance Squadron

APPETIZERS, PICKLES AND RELISH

SOUPS, SALADS, DRESSINGS AND SAUCES

MAIN DISHES - MEAT, SEAFOOD AND POULTRY

MAIN DISHES - EGG, CHEESE, PASTA AND CASSEROLE

VEGETABLES

BREAD, ROLLS, PIES AND PASTRY

CAKES, COOKIES AND ICINGS

DESSERTS

CANDY, JELLY, JAM AND PRESERVES

BEVERAGES AND MISCELLANEOUS

MICROWAVE

My Favorite Recipes

NAME OF RECIPE	PAGE NO.

APPETIZERS
PICKLES · RELISH

New Hints

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

Spray garbage sacks with ammonia to prevent dogs from tearing the bags before picked up.

You can clean darkened aluminum pans easily by boiling in them two teaspoons of cream of tartar mixed in a quart of water. Ten minutes will do it.

To dry drip-dry garments faster and with fewer wrinkles, hang garment over the top of a dry cleaner's plastic bag.

When food is too salty add a cut raw potato, then discard the potato once it is boiled.

If the dish is too sweet, add salt. On a main dish you can add a teaspoon of vinegar.

If the food is too sharp, a teaspoon of sugar will soften the taste.

If a main dish or vegetable is too sweet add a teaspoon or two of vinegar.

To pick up slivers of glass, it helps to use a dampened paper towel.

If zippers stick, just run some bar soap over the zipper and the zipper will work fine.

To draw a straighter line, use a knife instead of a pencil.

To prevent your salt shaker from clogging up, keep a few grains of rice inside the shaker.

To remove your child's crayon marks from linoleum or tile, use silver polish.

Most times very hot water will revive your wilted flowers.

Cheese will not dry out if it is wrapped in a cloth dampened with vinegar.

Your new white tennis shoes will last longer if sprayed heavily with starch when you first get them.

To get the corn silk off of corn on the cob, brush downward with a paper towel.

To cut a pie into five equal pieces, first cut a Y in the pie and then two large pieces can be cut in half

APPETIZERS, PICKLES, RELISH

BARBECUED COCKTAIL MEATBALLS

Myrna Wilson

Makes 100 meatballs.

2 lbs. ground round
1 envelope dry onion soup
1 egg
1/4 c. bread crumbs

Combine first 4 ingredients. Shape into 3/4-inch balls. Place in shallow baking dish. Bake in 500° oven 4-5 minutes or until brown. Remove and drain. Place in casserole dish.

1 (10 oz.) can pizza sauce
1 (14 oz.) bottle ketchup
1 (10 oz.) jar currant jelly

Combine remaining ingredients. Heat until blended. Pour sauce over meatballs. Bake for 15 minutes at 350°.

HAM SPREAD WITH CLOVES

Francine Garrity

2 c. ground cooked ham
2 hard-cooked eggs, ground
1/2 c. mayonnaise
1/4 c. pickle relish
2 Tbsp. chopped onion
dash ground cloves

Mix all together and chill. Serve on crackers, rye bread, etc.

CHIPPED BEEF CHEESE BALL

Connie Rasmussen

2 (8 oz.) pkgs. cream cheese
1 pkg. dried beef
2 dashes Worcestershire sauce
1 Tbsp. mayonnaise
green onion tops
dash garlic salt
chopped nuts

Mix together. Let set in refrigerator until firm. Roll in nuts.

CHEESE SQUARES

Rusty Krause

1 lb. margarine
4 jars Old English cheese
1 1/2 tsp. Accent
2 tsp. dill weed
2 tsp. Tabasco
1 1/2 tsp. Worcestershire sauce
2 large loaves Pepperidge Farm sandwich bread

Blend cheese, etc. Take 3 slices at a time; cut off crusts and spread with cheese.

(Cont.)

Cut stack of 3 into fourths. (I make 1/2 a recipe and cut them into sixths.) Then spread sides.

Freeze on tray (cookie sheet) and store in plastic bags. Bake right from freezer. Bake at 375° for 15-20 minutes.

CORNED BEEF SPREAD

Margy Cords

1 small pkg. lemon jello
1 beef bouillon cube
1 c. boiling water
1 tsp. horseradish
dash Worcestershire sauce
1 can corned beef (12 oz.)
1 c. chopped celery
1 medium onion, chopped
3 hard-boiled eggs
1 c. mayonnaise

Dissolve jello and bouillon in water. Add Worcestershire. Shred corned beef finely. Add celery, onion, chopped eggs and mayonnaise. Add to jello mixture. Pour into jello mold and chill. Serve with various cocktail crackers.

DELICIOUS SMALL FRANKS

Arlene Semanco

2 lbs. hot dogs, cut in 1-inch slices
1 (8 oz.) jar currant jello
1/2 (9 oz.) jar prepared mustard

In a saucepan heat franks, jelly and mustard over very low heat for 1/2 hour. Serve in a chafing dish with toothpicks.

APPETIZER PIE

Zelle Eye

8 oz. softened cream cheese
2 tsp. milk
1 (3 oz.) pkg. dried beef, chopped
1/4 c. chopped green pepper
1 small onion, chopped finely
1/2 tsp. garlic salt
1/4 tsp. pepper
1/2 c. sour cream
1/2 c. nuts (walnuts best)

Mix all ingredients except nuts. Place in buttered 8-inch pie pan. Top with nuts. Bake 20 minutes at 350°. Serve hot with crackers.

CRAB DIP

Zelle Eye

Layer 1: Mix well:

8 oz. cream cheese
1/2 pt. sour cream
2 Tbsp. dry sherry
2 tsp. Worcestershire sauce
few drops Tabasco sauce

Layer 2: 8 ounces crabmeat.

Layer 3: Swiss cheese.
Layer 4: shredded Cheddar cheese.
Layer 5: Parmesan cheese (sprinkle).

Place layers as listed in casserole dish of your choice. (I use the dish that goes in my chafing dish. Then I can keep it warm and covered.)

Bake at 250° for 40-50 minutes. Serve with Triscuit crackers.

PARTY MIX (MICROWAVE)

Chris Olivo

6 Tbsp. butter
1 tsp. seasoned salt
4 tsp. Worcestershire sauce
2 c. bite size crispy wheat squares
2 c. bite size corn squares
2 c. bite size rice squares
3/4 c. salted mixed nuts

Microwave butter in shallow 2-quart baking dish until melted. Stir in seasoned salt and Worcestershire. Add cereals and nuts. Mix until all pieces are coated. Cook on HIGH 8 minutes or until crisp, stirring after each minute. Spread on paper toweling to cool. Store tightly covered.

Makes about 6 3/4 cups party mix.

MEXICAN DIP

Carol Moore

2 tomatoes, chopped
4 green onions, chopped
1 small can chopped ripe olives
1 small can green chilies, chopped
3 Tbsp. olive oil
1 1/2 Tbsp. vinegar
1 tsp. garlic salt

Mix together and chill for several hours or overnight. Use Doritos.

CHEESE BALL

Opal Ryland

12 oz. cream cheese
1 pkg. Cracker Barrel sharp Cheddar, grated
1 small onion, grated
1/3 c. salad dressing or mayonnaise

Mix together with electric mixer (not blender). Refrigerate 24 hours. Shape into ball or log. Roll in chopped nuts. Refrigerate before serving.

APRICOT BRANDY

Jacque Thompson

1 lb. apricots (dried)
1 lb. rock candy
1 qt. vodka

Mix and let stand 4 weeks. Drain and discard fruit.

DONNA B'S FAVORITE CRACKER JACKS

Mary Longren

3 qts. popcorn
1 c. peanuts
1 c. pecans

1 stick margarine
1 c. brown sugar
1/4 c. light Karo syrup
1 tsp. soda

Cook all but soda over medium heat for 5 minutes, then add soda (it will foam up). Pour over popcorn and nuts in a shallow pan. Mix well. Put in oven for 15 minutes (250°). Take out and stir well. Return to oven and repeat 2 more times.

BACON POLES (MICROWAVE)

Chris Olivo

10 slices bacon
20 long thin bread sticks

With scissors, cut bacon slices in 1/2 lengthwise, making 2 long strips from each slice. Wrap 1 strip in a spiral "barber pole" fashion around each bread stick. Cook 10 bacon poles at a time. Place bread sticks on a paper plate which has been lined with paper toweling and covered with paper towel. Cook 5-7 minutes on HIGH or until bacon is crisp. Remove at once from paper plate. Serve when slightly cool.

CHEESE SNACK ROUNDS

Goldie Barton

1 (5 oz.) jar sharp Pastuerized processed cheese spread
1/2 c. Bisquick baking mix
2 Tbsp. toasted sesame seed

Mix cheese spread and baking mix. Shape into roll, about 1-inch in diameter on lightly floured cloth-covered board. Roll in sesame seed, pressing lightly, if necessary. Wrap and refrigerate until firm, at least 2 hours. Heat oven to 375°. Cut roll into 1/4-inch slices. Place on lightly greased cookie sheet. Bake until golden brown, 8-10 minutes.

Makes about 42 appetizers.

MICROWAVE BEEF SUMMER SAUSAGE — Sue Malone

5 lbs. hamburger
5 tsp. (rounded) Tender Quick salt
2 1/2 tsp. mustard seed
2 1/2 tsp. garlic salt
3-4 tsp. liquid smoke

Mix and refrigerate. Work everyday for 3 days; on 4th day, make into 6 rolls. Place 3 rolls on paper towel on waxed paper in microwave. Cook on LOW or SIMMER for 1 hour. Repeat for other 3 rolls. Store in refrigerator.

VEGETABLE DIP — Pat Ham

1 c. mayonnaise
1 c. sour cream
1 Tbsp. plus 1 tsp. instant minced onion
1 Tbsp. plus 1 tsp. parsley flakes
1 1/2 tsp. dill
1 1/2 tsp. Bon Appetit

Mix all ingredients and chill overnight. (P.S. Bon Appetit is available in commissary.)

SHRIMP/JALAPENO DIP — Col. Terry Murphy

1 large onion, finely chopped
1-inch butter
2 jalapeno peppers, chopped fine
1 tsp. cumin

Saute' about 30 minutes. Add:

1 can chopped ripe olives
1 tsp. Tabasco sauce
1 lb. grated American cheese
1 can Cheddar cheese soup
1 can cream of mushroom soup

Cook over low heat until cheese melts. Add 1 1/2 pounds chopped, cooked shrimp. Serve.

NOTES: Degree of HOT depends on size of peppers. Leftovers can be frozen. Thicken with flour/water paste or more cheese soup.

VEGETABLE PIZZA — Willa Daily

2 cans crescent rolls (8 count)
1 (8 oz.) pkg. cream cheese
1/3 c. (approximately) picante sauce

Vegetables: (You may use any or all or any others you prefer.)

carrots
celery
green onion
green pepper

(Cont.)

broccoli
mushrooms
cauliflower
bean sprouts

Crust: Spread crescent rolls on cookie sheet and bake at 350° for 9-10 minutes.

Mix softened cream cheese and picante sauce until well blended. Spread this on the COOLED crescent rolls. Place vegetables on this.

You can tear apart in the triangular shapes or cut those in half.

CREAM PUFFS WITH CHEESE

Jo Hedge

1 c. milk
1/4 c. butter
1/2 tsp. salt
1 c. flour
4 eggs
1 c. Swiss cheese

Heat milk and butter in saucepan and bring to boil. Add flour and stir over medium heat until ball forms. Beat in eggs 1 at a time. Then beat in 1/2 cup of cheese.

Place 10 mounds of dough on cookie sheet. Place 10 small mounds on top of large mounds. Sprinkle rest of cheese on top. Bake on center shelf at 375° for 55 minutes or until brown.

CHEESE LOG

Diane Skinner

2 (3 oz.) pkgs. cream cheese
1 (10 oz.) pkg. grated mild Cheddar cheese
1 (10 oz.) pkg. grated sharp Cheddar cheese
4 garlic cloves, finely diced
1/2 c. nuts, finely chopped
chili powder

Mix first 4 ingredients together; add nuts. Shape into 2 logs. Cover with a heavy coating of chili powder. Wrap in foil and refrigerate at least 1 week. Slice and serve on Ritz crackers.

BEAU MONDE DIP

Judy Rawson

2/3 c. sour cream
2/3 c. salad dressing
1 tsp. dill
1 tsp. Beau Monde seasoning
1 Tbsp. onion flakes (or powder)
dash garlic
chopped dried beef

Mix all ingredients. Refrigerate. Serve with raw vegetables on cubes of rye bread.

MARINATED MUSHROOMS

Diane Skinner

3/4 c. salad oil
1/4 c. vinegar
1 tsp. Italian seasoning
2 cloves garlic, thinly sliced
1/2 tsp. salt
1/4 tsp. pepper
3 (4 oz.) cans button mushrooms, drained

Shake marinade thoroughly to blend. Add mushrooms. Let chill in refrigerator at least 12 hours before serving.

CHUNKY CHILI CON QUESO

Nancy Orlando

1 (No. 2 1/2) can tomatoes
4 (4 oz.) cans green chilies (chopped)
1 c. chopped onion
4 cloves garlic
1 lb. Old English sharp Cheddar cheese (or mild)
2 Tbsp. cooking oil
3 lbs. Velveeta cheese

Fry onion in oil until slightly brown. Add well drained tomatoes and garlic and cook until onion is done. Add chopped chilies. Cut cheese into small chunks and add to mixture. Cook just until cheese is thoroughly melted. If needed, thin down with small amount of canned condensed milk as you would any cheese mixture. Cover and remove from heat. Serve warm with corn chips or Doritos. This will freeze very well.

SOMBRERO DIP

Nancy Orlando

2 lbs. ground beef
1 c. onion (chopped)
1 c. hot ketchup
4-5 tsp. chili powder
2 tsp. salt
1 tsp. cumin
1 lb. can El Paso Mexi-beans

Topping:

1 c. onion (chopped)
2 c. shredded Cheddar
1 c. stuffed olives (sliced)

Brown meat and 1 cup onion in skillet. Stir in ketchup and seasonings. Blend beans in a blender and add to meat mixture. Heat and serve in chafing dish. Sprinkle on the topping ingredients. Serve with Doritos when cheese has melted. Don't freeze.

CHILI CON QUESO (DIP)

Sue Malone

1 can chili (meat only)
1 lb. Velveeta
chopped green onions

Mix all ingredients and heat in slow oven (275°) for 1 hour (or heat in microwave, stirring often). Serve hot with chips.

STUFFED MUSHROOMS

Carolyn Parkes

1 large can of large mushrooms (each about 50¢ size), hollowed out and inside saved
4 slices fried bacon, drained and crumbled
1 (3 oz.) pkg. cream cheese, crumbled
1 small onion, chopped
2 Tbsp. chopped green pepper

Blend minced mushroom pieces that were hollowed out with rest of ingredients. Fill mushrooms. Spread with 1/2 cup bread crumbs tossed with 2 tablespoons butter. Bake at 350° for 20 minutes.

MAPLE-Y APPETIZER

Jacque Thompson

1 (13 1/2 oz.) can pineapple chunks
2 (8 oz.) pkgs. brown and serve sausage links
4 tsp. cornstarch
1/2 tsp. salt
1/3 c. maple syrup
1/3 c. water
1/3 c. vinegar
1 large green pepper (3/4-inch chunks)
1/2 c. maraschino cherries

Drain pineapple, reserving syrup. Cut sausage in 3's crosswise; brown in skillet. Blend cornstarch, salt, pineapple syrup, maple syrup, water and vinegar; heat to boiling, stirring. Add pineapple, sausage, pepper and cherries. Cook 5 minutes.

Serve in chafing dish.

WALNUT CHICKEN

Evelyn Stalcup

Meat: 1/2 pound chicken breasts, cut thin (about 2 inches long).

Marinade:

1 Tbsp. soy sauce
1/4 tsp. salt
2 tsp. wine
1/4 tsp. ginger

Batter:

1 egg white, beaten lightly
2 Tbsp. cornstarch
1 c. walnuts, chopped fine

Mix well lightly beaten egg with cornstarch and nuts.

Mix marinade. Add chicken and soak 30 minutes. Mix with egg white and cornstarch. Heat 6 cups of oil on medium-low heat. Dip chicken in batter and roll in chopped walnuts. Deep fry until golden brown.

Serves 12.

CRABMEAT DIP

Suzy Soper

8 oz. pkg. cream cheese, softened
1 Tbsp. milk
6 1/2 oz. can crabmeat (white)
2 Tbsp. finely chopped or dried onion
1/2 tsp. horseradish
1/4 tsp. lemon juice
1/4 tsp. salt
dash pepper
1/2 c. toasted sliced almonds

Blend ingredients well and spoon into oven-proof dish. Bake at 375° for 15 minutes.

*Best served with Ritz crackers.

SHRIMP DIP

Evelyn Stalcup

1/2 c. chopped celery
1/2 small onion, grated
1 1/2 lbs. cooked shrimp (peeled and deveined)
Wish-Bone Italian dressing
mayonnaise
1 (8 oz.) pkg. cream cheese
1/2 tsp. salt
1/4 tsp. pepper
dash garlic powder

Mix celery and onion; cover with dressing and place in covered container in refrigerator for at least 12 hours. Grate shrimp. Drain excess dressing from celery and onion; add to shrimp. Use enough mayonnaise to form a consistency for dip. Add cream cheese after beating smooth. Add salt, pepper and garlic salt. Mix well and chill.

TABBOULEH (A LEBANESE DIP)

Sue Malone

1 c. fine wheat (burghul)
4 large bunches parsley, chopped fine (or flakes)
1 bunch fresh mint, chopped or 2 Tbsp. crushed dry mint
4 large red tomatoes, chopped and drained
1 bunch green onions, chopped
1 large onion, finely chopped

(Cont.)

1 c. olive oil (or any oil)
1/2 c. lemon juice
1 tsp. black pepper
1 Tbsp. salt

Rinse wheat several times in cold water and squeeze between hands to remove excess moisture. Set aside for 2-3 hours, in refrigerator. Add other ingredients to wheat and mix well. Add seasoning to taste. Serve with crackers or on lettuce leaves.

ZUCCHINI APPETIZER

Diane Pelesh

3 c. finely sliced, unpared zucchini (4 small)
1 c. Bisquick
1/2 c. finely chopped onion
1/2 tsp. salt
1/2 tsp. seasoned salt
1/2 tsp. marjoram or oregano
1 clove garlic, chopped
1/2 c. Parmesan cheese
2 Tbsp. parsley
1/2 c. vegetable oil
4 slightly beaten eggs

Heat oven to 350°. Grease oblong pan (13 x 9 x 2 inches). Mix all ingredients; spread in pan. Bake until golden brown, about 25 minutes. Cut into pieces, 2 x 1 inches.

Makes 4 dozen.

SPINACH BALLS

Diane Pelesh

Do ahead - must freeze. Makes 30 balls.

1 (10 oz.) pkg. frozen spinach
1 c. herb-seasoned stuffing mix
1/2 c. grated Parmesan cheese
3 eggs, beaten
6 Tbsp. softened butter

Cook spinach and drain very well. Combine all ingredients, mixing well. Roll into balls. Freeze. To serve place on cookie sheet still frozen and bake for 25 minutes at 350°.

CHUTNEY CHEESE PATE'

Diane Pelesh

2 (3 oz.) pkgs. cream cheese, softened
1 c. (4 oz.) shredded sharp Cheddar cheese
4 tsp. dry sherry
1/2 tsp. curry powder
1/4 tsp. salt
1/2 c. finely chopped mango chutney
1/2 c. chopped green onions

Blend together items 1-5 thoroughly. Spread on serving platter and chill until firm.

When serving, spread with chutney and sprinkle with green onions. Serve with crackers.

FILO APPETIZER

Diane Pelesh

Mushroom Filling:

1 onion
butter
1 lb. chopped mushrooms

Saute' onion in butter; add mushrooms. Season with salt, pepper and parsley. Add a bit of wine and then flour to thicken, if necessary.

Cheese Filling: Mix together:

1/2 lb. crumbled Feta cheese
1/4 lb. dry cottage cheese
2 eggs
bit of chopped parsley
salt and pepper

Place sheet of filo on counter and brush with melted butter. With pizza cutter, cut filo into 2-inch strips. Place 1 teaspoon filling at end of strip and fold corner to make a triangle. Fold from side to side in the form of a triangle. Brush tops with butter and bake at 350° for 20 minutes.

Can be frozen on cookie sheet before baking. Place in plastic bag in freezer. Bake frozen until bubbly and brown.

SAUSAGE-CHEESE BALLS

Goldie Barton

3 c. Bisquick
1 lb. Cheddar cheese, grated
1 lb. hot sausage

Mix well. Form small balls and bake at 400° for 10 minutes.

* * * * * * * *

Write an extra recipe here:

Write your extra recipes here:

SOUPS · SALADS ♡ DRESSINGS · SAUCES

THE SOUP POT

* Steak, roast or poultry bones can be frozen until needed for soup stock.
* If the soup or stew is too salty, add cut raw potatoes and discard them once they have cooked and absorbed the salt.
* Instant soup stock will always be on hand if you save the pan juice from cooking meats. Pour liquid into ice cube trays and freeze. Place solid cubes in freezer bags or foil.
* To prevent curdling of the milk or cream in soup add the soup to the milk rather than vice versa. Or add a bit of flour to the milk and beat well before combining.
* Always start cooking bones and meat in cold, salted water.
* The easiest way to skim off fat from soup is to chill until the fat hardens on top of the liquid. If time will not permit this, wrap ice in paper toweling and skim over the top.

THE SALAD BOWL

* To remove the core from a head of lettuce, hit the core end sharply against the counter top or side of sink. Then the core will twist out easily.
* Put salad greens or cole slaw in a metal bowl and place in the freezer for a few minutes.
* Rubbing waxed paper over the inside and outside of a wooden salad bowl will prevent it from becoming sticky.
* If you cut the root end off the onion last you'll shed less tears.
* To prevent soggy salads, place an inverted saucer in the bottom of the salad bowl. The excess dressing will drain under the saucer and keep the greens crisp.
* Lettuce and celery will crisp up faster if you add a few raw slices of potato to the cold water you use to soak them.

SAUCE SUGGESTIONS

* Make sure that flour is well browned before adding it to liquid for gravy. This will prevent lumpy gravy and also assure a rich brown gravy.
* Placing flour in a custard cup in the oven next to the roast will assure nice brown flour for gravy when the meat is done.

CUCUMBER SAUCE

Carol Moore

1 medium cucumber, unpared
1 Tbsp. grated onion
1/4 c. mayonnaise
2 tsp. vinegar
1 Tbsp. minced parsley
1/2 c. sour cream
salt and pepper

Cut cucumber in half lengthwise; scoop out seeds. Grate cucumber (you'll need about 1 cup grated); drain. Combine all ingredients; blend well. Chill. Makes 1 1/2 cups.

This sauce is superb on any fish dish.

GERMAN COLE SLAW

Zelle Eye

1 head cabbage, shredded
1 bell pepper, chopped
1 large onion, shredded

Place the 3 above ingredients in a large bowl and pour 1 cup sugar on top.

Bring to a boil the following:

1 c. vinegar
3/4 c. salad oil
1 tsp. mustard seed
1 tsp. celery seed
1 Tbsp. salt

While still hot, pour over cabbage mixture. Cover and refrigerate overnight.

This will keep approximately 10 days in refrigerator.

ZUCCHINI SOUP

Carol Moore

5 medium size zucchini
1/4 c. margarine
1 medium size onion, chopped
2 (14 oz.) cans chicken broth
1/2 c. cream or half & half
salt and pepper to taste

Wash and trim ends of zucchini; cut in thin slices. Heat margarine in large pan. Add zucchini and onion until limp (5 minutes). Then add chicken broth; cover and simmer for 15 minutes. Cool. Pour a small amount at a time into blender, then add cream, salt and pepper and a dash of nutmeg.

If freezing, do not add cream or nutmeg until ready to cook.

May be eaten hot or cold.

BAKED TURKEY SALAD

Carol Moore

2 c. cubed cooked turkey
2 c. celery (chopped)
1/2 c. toasted almonds
1/2 tsp. salt
2 Tbsp. grated onion
1 1/2 c. chopped green pepper
1 1/2 c. mayonnaise
2 Tbsp. chopped pimento
2 Tbsp. lemon juice
1 can cream of chicken soup
1 1/2 c. sharp grated cheese
3 c. crushed potato chips

Combine all ingredients except cheese and potato chips. Toss lightly and spoon into buttered 1 1/2-quart casserole. Spread chips and cheese on top.

Bake at 350° for 25 minutes. Garnish with paprika and parsley.

DREAMY BANANA SALAD

Carl Moore

1 box vanilla wafers
1 c. crushed pineapple with juice
4 bananas
1 carton Cool Whip

Line 9 x 13-inch dish with whole cookies. Add 1/2 cup pineapple topped with 2 sliced bananas, then 1/2 Cool Whip. Layer again and chill several hours.

FREEZER COLE SLAW

Carolyn Crossland

1 medium head cabbage, chopped
1 carrot, chopped
1 green pepper, chopped

Add 1 teaspoon salt to cabbage and let stand 1 hour. Drain well and add carrot and green pepper. While cabbage is standing, make a syrup of:

1 c. vinegar
1/4 c. water
1 tsp. whole mustard seed
1 tsp. celery seed
1 1/2 c. sugar

Mix and boil 1 minute. Let cool until lukewarm; pour over cabbage. Put into small plastic containers and freeze.

HOMEMADE POTATO SOUP

Mary Longren

1 medium onion, chopped
1 stalk celery, thinly sliced
1/4 head cabbage, shredded
2 Tbsp. butter
1/4 c. milk
2 soup cans water
1/3 c. sour cream
1 lb. frozen hash browns

3 cans chicken broth
1 Tbsp. flour
4 smoked sausage links, sliced

Melt butter and add onion and celery. Cook about 10 minutes and stir in cabbage and potatoes. Add chicken broth and water. Bring to boil, then reduce to simmer for 30 minutes. Mix sour cream and flour in a bowl. Add milk. Pour into soup and stir in sausage.

CHEESE SOUP

Jo Hedge

2 Tbsp. minced onion
4 Tbsp. butter
4 1/2 Tbsp. flour
2 c. milk

Fry onion in butter; stir in flour; add milk slowly. Add:

2 c. chicken broth
1/2 lb. sharp American cheese

Blend, then add:

1/2 c. minced cooked carrots
3/4 c. cooked celery

Heat but do not boil.

CHOCOLATE SAUCE

Sharon Fullenkamp

2 c. sugar
2 cubes chocolate
2 sticks butter
3/4 c. milk

Bring to boil until mixture drops in water to form soft ball. Add 1 teaspoon vanilla prior to serving. Works well in microwave; use FULL POWER.

CREAM OF BROCCOLI SOUP

Mary Longren

1/2 lb. broccoli
1 c. chicken broth
3 Tbsp. butter
2 Tbsp. flour
2 c. half & half
1/8 tsp. nutmeg

Cook broccoli in chicken broth. In another pan, melt butter and stir in flour. When broccoli is cooked, drain broth and add to flour and butter mixture. Chop broccoli very fine. Add this to mixture along with half & half and seasonings.

TUNA ON A SHOESTRING

Opal Ryland

1 (6 1/2 oz.) can tuna, drained
1 c. shredded carrots
1 c. diced celery
1/4 c. minced onion
3/4 - 1 c. salad dressing or mayonnaise
1 (4 oz.) can shoestring potatoes

Into large bowl, separate tuna into chunks. Add carrots, celery, onion and salad dressing; toss until tuna is well coated with dressing. Cover and chill.

Just before serving, fold in potatoes. If desired, garnish with parsley and carrot curls.

RASPBERRY BUBBLE SALAD

Suzy Soper

1 (3 oz.) pkg. raspberry jello
1 pkg. lemon jello
1 1/2 c. boiling water
1 small pkg. frozen raspberries
1 c. 7-Up
1 c. cranberry relish

Dissolve jello in boiling water. Add raspberries and cranberry relish and chill until syrupy. Add 7-Up and chill until firm.

SPINACH SALAD FLAMBE

Suzanne Stevens

1 pkg. spinach, washed and dried
6 hard-cooked eggs, sliced
1/4 tsp. salt
4 green onions, chopped
1/2 tsp. pepper
8-10 fresh mushrooms, sliced
12 bacon strips, chopped and fried crisp
3/4 c. bacon drippings
1/2 c. wine vinegar
1/4 c. lemon juice
6 tsp. sugar
1 tsp. Worcestershire sauce
1 1/2 oz. brandy

Tear spinach in bite size pieces and place in large salad bowl. Add egg slices, mushrooms, green onion and bacon pieces. Mix remaining ingredients except brandy in small saucepan and heat. Add brandy; ignite and stir until out. Pour dressing over salad and toss gently.

CAULIFLOWER SALAD

Connie Rasmussen

1 large head lettuce
1 Spanish onion, sliced thin
1 lb. bacon, fried crisp
1 large head cauliflower
1/4 c. sugar
1/2 c. Parmesan cheese
1 pt. mayonnaise or Miracle Whip
1/2 bag seasoned croutons

Serves 12. Fry bacon crisp; cool and cut up. Separate cauli-

flower into bite size pieces. Separate lettuce; slice onion thin. Place ingredients in bowl in layers - lettuce, onion, bacon, cauliflower, sugar, cheese and dab of Miracle Whip on top. Refrigerate overnight.

Next day: Toss salad and add croutons just before serving.

KOREAN SPINACH SALAD

Brenda Bizzell

1 bag fresh spinach (wash, drain and tear up)
1 head lettuce (wash and tear up)
2 (5 oz.) cans water chestnuts, sliced thin and drained
4 hard-boiled eggs, chopped
1 lb. can bean sprouts, drained and rinsed
1/2 lb. bacon, fried crisp and crumbled

Dressing:

1 c. Crisco oil
1/2 c. sugar
1/3 c. ketchup
1/4 c. vinegar
1 Tbsp. Worcestershire sauce
2 tsp. salt

Mix well and store in refrigerator. Makes a huge salad - feeds lots. Very good and so nutritious.

HOT BEAN SALAD

Carol Kearse

Serves 6-8.

3 (15 oz.) cans kidney beans, drained and rinsed
1 c. chopped celery
1/2 c. chopped green pepper
1/2 c. chopped onion
1 c. chopped tomato
1 (4 oz.) can green chilies, chopped
2 c. grated Cheddar cheese
2 tsp. chili powder
1 tsp. salt
1 c. mayonnaise
1 c. crushed Tostado chips

Combine everything except crushed Tostado chips; mix carefully but thoroughly. Place in 8 x 12-inch baking dish and top with crushed Tostado chips.

Bake 40 minutes at 350°, uncovered. Allow additional baking time if you have held it overnight in the refrigerator before cooking.

Serves 6-8.

*I cook a pound of ground beef and season it and add to casserole to make a full meal dish.

SHRIMP AND RICE SALAD

Carol Moore

1 c. cooked shrimp
3 c. cooked rice
1/4 c. chopped celery
1/4 c. pimento
1/4 c. green olives, sliced (optional)
1/4 c. minced onion
1/4 c. green pepper
1/2 tsp. salt
1/4 tsp. pepper
3 Tbsp. mayonnaise

Toss together and place on lettuce greens. May be garnished with sliced tomatoes on top.

CURRIED CRAB-RICE SALAD

Diane Pelesh

Serves 6.

1 (7 oz can or 6-8 oz. frozen) crabmeat
1 1/4 c. cooked, chilled rice
1/3 c. chopped celery
2 green onions, chopped
1/4 c. sliced water chestnuts
1 Tbsp. lemon juice
1/2 tsp. soy sauce
1/4 tsp. salt
1/8 tsp. pepper
1/2 tsp. curry powder
1/2 c. mayonnaise
6 medium tomatoes
salt and pepper
crisp lettuce

Drain crabmeat and combine with rice, celery, onions and water chestnuts. Mix lemon juice and seasonings with mayonnaise. Add to crab and toss lightly to coat. Chill well.

Place in tomato wedges and serve on crisp lettuce with hot rolls.

FRUIT SALAD

Arlene Semanco

1 can Mandarin oranges, drained
1 can pineapple tidbits, drained
1/2 pkg. small marshmallows
1 can peach pie filling

Mix together. Just before serving, add 1-2 bananas. Keeps well for several days in the refrigerator. Great with ham.

MANDARIN ORANGE SALAD

Vicki Weil

1 c. Mandarin orange slices, drained
1 head lettuce, shredded
1 c. chopped celery
1 Tbsp. parsley
2 green onions
1/4 c. toasted almonds

Serves 6.

Dressing:

1/4 c. salad oil
1/4 tsp. Tabasco sauce
1/4 tsp. salt
2 Tbsp. sugar
2 Tbsp. tarragon vinegar

Prepare dressing 2 hours before pouring on salad. Make salad usual way. Put almonds on last.

HOT CHICKEN SALAD

Rusty Krause

2 c. cubed chicken, cooked
2 c. diced celery
1 c. salad dressing (mayonnaise)
2 Tbsp. lemon juice
2 tsp. grated onion
1/4 tsp. salt
1 c. bread cubes
1/2 c. grated cheese

Mix first 6 ingredients and top with bread cubes and grated cheese. Bake 10-15 minutes at 450°.

PEA SHRIMP SALAD

Peggy Maloney

1 lb. cooked shrimp
4 c. shelled peas
1 c. sour cream
1/2 c. mayonnaise
1 Tbsp. lemon juice
1/2 tsp. salt
1/2 tsp. dill weed
4 hard-cooked eggs, chopped
1/4 c. chopped sweet pickle or pickle relish
2 Tbsp. chopped green onion
1 c. sliced celery
lettuce

Chill shrimp. Cook peas until barely tender; pour into colander. Cool under cool running water; chill.

Combine sour cream, mayonnaise, lemon juice, salt and dill weed. Refrigerate.

Just before serving combine all ingredients. Serve on lettuce.

Serves 6.

HOT CHICKEN SALAD

Margy Cords

1 cooked chicken, diced
2 Tbsp. lemon juice
3/4 can cream of chicken soup
2 c. diced celery
3/4 c. mayonnaise
1 tsp. salt
4 hard-cooked eggs, diced
1 tsp. diced onion
2 Tbsp. chopped pimento

(Cont.)

Topping:

1 1/2 c. crushed potato chips
1 c. grated cheese
2/3 c. toasted almonds

Bake at 375° for about 35 minutes.

PINEAPPLE-PEANUT SALAD

Jacque Thompson

1 c. pineapple juice
2 Tbsp. flour
1/2 c. sugar

Combine and cook until thick. Add 2 beaten eggs and cook for 2 more minutes. Cool and pour over:

1 c. diced pineapple
1 c. diced banana
1 c. diced marshmallows
1 c. peanuts

KOREAN SALAD

Mary Longren

2 bags spinach or Romaine lettuce
1 lb. bacon, browned and crumbled
4-6 hard-boiled eggs
1 can bean sprouts, drained and rinsed in cold water
1 can water chestnuts, sliced

Dressing:

1 c. salad oil
3/4 tsp. ginger
1/2 - 1 c. vinegar
1 tsp. Worcestershire sauce
2 tsp. salt
1 c. chopped onion

SALLY'S CRANBERRY RELISH

Sue Malone

2-3 bags cranberries
2 navel oranges

Put above through food grinder. Add:

sugar to taste (about 1 c.)
chopped nuts
flat can crushed pineapple

Let set overnight and enjoy!

SALSA

Nancy Orlando

1 (8 oz.) can tomato sauce
3 green scallions, chopped fine (with most of top)
1 (4 oz.) can chopped green chilies
1 Tbsp. crushed oregano leaves

1/4 tsp. coriander (ground)
1/4 tsp. cumin (ground)
dash salt
dash pepper
dash garlic salt
dash onion salt

If you can find it: fresh cilantro (coriander or sometimes called Chinese parsley), about 1/4 cup chopped.

Optional Additions: fresh grated or pressed garlic, crushed; red chili pods, just a dash as they are hot; chili powder.

Make salsa ahead - at least a day. The longer it sets the better it is. This can be frozen or refrigerated for up to 2 weeks.

Serve over the following:

2 (8 oz.) pkgs. cream cheese
2 (4 oz.) cans chopped green chilies
dash garlic salt

Cream together. Make into mound. Pour salsa over and dip mixture with tortilla chips or corn chips.

PINEAPPLE-CHICKEN SALAD

Pat Ham

1 (20 oz.) can pineapple chunks, drained
3 c. diced cooked chicken
1 c. chopped celery
1/4 c. finely chopped green onions
2 Tbsp. lemon juice
2 tsp. seasoned salt
1/4 c. chopped cashew nuts
1/2 c. mayonnaise

Combine 1/2 of the pineapple and mix the rest of 7 ingredients well. Garnish with remaining pineapple chunks. Chill before serving.

Serves 6.

HOT CHICKEN SALAD

Mary Longren

2 c. diced cooked chicken
2 c. thinly sliced celery
1/2 c. chopped toasted almonds
2 tsp. chopped onion
1 c. mayonnaise
2 Tbsp. lemon juice

Mix all and put in greased casserole. Top with 1 cup grated cheese. Bake at 450° for 15 minutes.

MARINADE FOR STEAK-TERIYAKI

Nancy Orlando

1/3 c. soy sauce
1/3 c. sake or dry sherry
2 Tbsp. sugar
1 clove garlic, minced
1 1/2 lbs. sirloin or flank steak
1 tsp. grated ginger root or
1/2 tsp. powdered ginger
1 Tbsp. vegetable oil
1/4 c. chopped green onions

Sirloin should be 3/4-inch thick. Pound it to about 1/2-inch thick. Make diamond scores about 1 inch apart on both sides of meat. Mix together soy sauce, sake or sherry, sugar, onions, garlic and ginger. Marinate the steak in it 4 hours or overnight. Turn. Drain and arrange on an oiled broiling pan. Broil on top shelf to desired degree of doneness. Serve with additional chopped green onions.

SWEET AND SOUR MUSTARD

Diane Skinner

1 c. sugar
6 Tbsp. vinegar
6 heaping tsp. dry mustard
2 slightly beaten eggs
1/4 tsp. salt

Blend all ingredients except vinegar well. Add vinegar. Cook until thick over double boiler, stirring constantly. Strain. Store leftovers in refrigerator. Serve with baked ham.

BEER CHEESE SOUP

Ruth Tresmer

1/2 c. butter
1 c. flour
4 c. beef or chicken broth
1 1/2 c. cream
16 oz. jar Cheez Whiz
6-12 oz. beer
1 Tbsp. Worcestershire sauce
1/2 tsp. yellow food coloring

Melt butter; add flour. Mix until blended and heat over low heat for 5 minutes. Add broth and cream; heat until smooth and thick, stirring constantly. Add cheese and stir until melted. Add beer last.

Sprinkle popcorn over top when serving.

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MAIN DISHES
MEAT · POULTRY
SEAFOOD

MEAT, SEAFOOD AND POULTRY NOTES

* Baking fish on a bed of celery and onions will add to the taste as well as keep the fish from sticking.

* Coating will adhere to chicken better if it has been chilled for an hour before cooking.

* Sprinkle salt in the frying pan before adding meat and there will be less grease splattered.

* For a juicier burger rub both sides with cold water before grilling.

* Place cold water and cornstarch or flour in a jar with tight lid. Shake the jar until liquid is well mixed and lumps are gone. Then slowly add this mixture to pan drippings and stir while bringing gravy to a boil.

* Always roast poultry breast side down so the white meat will not dry out. Turn the bird for the last portion of cooking so that it will brown well.

* Rubbing poultry with salt and lemon juice will lessen any unpleasant odor.

* Bacon won't stick together if the package is rolled into a tube and secured before refrigerating.

* For a ham that's too salty, drain liquid off when it's half finished baking and add 10 oz. of ginger ale to the meat and bake until done.

* Unwaxed dental floss is good for trussing poultry because it will not burn.

* If gravy is too greasy, a bit of baking soda can be added without affecting the taste of the gravy.

* Soak bacon in cold water for a few minutes before frying and it won't curl as much as usual.

* A dash of lemon juice and milk added to the liquid used to cook white fish will make the flesh white.

* Chicken marinated in milk or buttermilk for several hours in the refrigerator will be more tender.

* Pour pan drippings into a tall jar. The grease will rise to the top in minutes and can be removed for grease free gravy.

* Meat loaf won't crack when baking if it's rubbed with cold water before going in the oven.

* Adding cold water to the bottom of the broiling pan before cooking meat helps absorb smoke and grease and makes clean up easier.

MAIN DISHES --
MEAT, SEAFOOD, POULTRY

BARBECUE BEEF BRISKET

Carol Moore

5 lb. beef brisket
2 Tbsp. liquid smoke
2 Tbsp. Worcestershire sauce
2 c. barbecue sauce
celery salt
onion salt
garlic salt

Trim brisket and place in 13 x 9-inch pan. Pour on liquid smoke plus all salts on both sides. Cover with foil and refrigerate overnight.

When ready to bake, pour on Worcestershire sauce. Cover pan with foil, securing well. Bake at 325° for 3 hours. Remove from oven; pour off liquid. Pour barbecue sauce over brisket and replace foil. Cover tightly and cook an additional hour. Cool 30 minutes and carve cross-grain.

HUNGARIAN GOULASH

Deanne Ruetseh

2 lbs. chuck in 1-inch cubes
salt and pepper
1/4 lb. shortening (optional)
2 Tbsp. flour
2 c. water
2 Tbsp. bouillon
1 c. tomato sauce
1 Tbsp. caraway seed
1 lb. onions, sliced or chopped
2 Tbsp. Hungarian paprika (use regular paprika and add 1/4 tsp. sugar with every 2 Tbsp. paprika)
sour cream

Serves 4. Season meat. Brown in fat, then cook in onions. Sprinkle with paprika and flour; stir over low heat for 2 minutes. Add liquids, bouillon and caraway seeds. Simmer covered 1 1/2 hours. Mix in 1 cup sour cream and serve over egg noodles.

BEEF AND GREEN PEPPERS

Evelyn Stalcup

Meat: 1 pound flank steak, sirloin or top round.

Marinade:

3 Tbsp. soy sauce
2 tsp. cornstarch
1 Tbsp. wine
1 or 2 Tbsp. sesame oil
dash black pepper
1 tsp. ginger, chopped fine
1 tsp. garlic, crushed
1 Tbsp. water

(Cont.)

Vegetables:

1/2 c. water chestnuts, sliced
3 c. green pepper, sliced in strips
1 leek, sliced
1/4 tsp. salt
1/2 tsp. hot pepper (optional)

Glaze:

1 or 2 tsp. cornstarch
2 tsp. soy sauce
1/3 c. chicken or beef broth

Cut beef across the grain into slices 1/4-inch thick and 2 inches long. Place the beef in a bowl and combine with marinade. Let soak at least 30 minutes.

Heat 2 tablespoons of oil in wok or a skillet. Add beef and stir-fry for 2 minutes. Remove beef and add 3 tablespoons oil. Heat oil and stir-fry vegetables for 2 minutes. Add salt and red pepper. Mix glaze ingredients. Add to vegetables. Add beef and stir until heated through.

GREEN PEPPER STEAK

Marilyn King

1 1/2 lbs. round steak (1/2-inch thick)
1/4 c. flour
1/2 tsp. salt
1/8 tsp. pepper
1/4 c. cooking oil
1 (8 oz.) can tomatoes (1 c.)
1 3/4 c. water
1/2 c. chopped onion
1 small clove garlic
1 Tbsp. beef flavor gravy base
1 1/2 tsp. Worcestershire sauce
2 large green peppers (cut in strips)
hot cooked rice

Cut steak in strips. Combine flour, salt and pepper; coat meat strips. In large skillet, cook meat in hot oil until browned on all sides. Drain tomatoes, reserving liquid. Add tomato liquid, water, onion, garlic and gravy base to meat in skillet. Cover and simmer 1 1/2 - 2 hours or until meat is tender. Uncover; stir in Worcestershire. Add green pepper strips. Cover and simmer for 5 minutes. If necessary, thicken gravy with a mixture of a little flour and cold water. Add drained tomatoes. Cook an additional 5 minutes. Serve hot on a bed of rice.

Yields 6 servings.

CHINESE EGG ROLL FILLING

Jo Hedge

Filling:

1 1/2 lbs. ground beef
1/4 c. butter
4 c. shredded cabbage, partially cooked and well drained
1/2 c. chopped green onions
1 1/2 c. diced celery
2 c. bean sprouts
1/4 c. soy sauce
1 tsp. salt
2 tsp. sugar

Brown beef in butter; add vegetables and seasonings. Cook 5 minutes. Drain and cool before placing in skins. Place 1/4 cup in each skin; seal edges well and chill before frying at 360° for 5-8 minutes. Turn only once.

CHINESE CHICKEN WALNUT

Jo Hedge

1 c. coarsely broken walnuts
1/4 c. salad oil
2 chicken breasts, boned and cut in thin strips
1 tsp. sugar
1 Tbsp. cornstarch
1 (5 oz.) can bamboo shoots, drained
1/2 tsp. salt
1 c. onion slices
1 1/2 c. bias-cut celery slices
1 1/4 c. chicken broth
1/4 c. soy sauce
2 Tbsp. cooking sherry
1 (5 oz.) can water chestnuts, drained and sliced

In skillet toast nuts in oil. Remove to paper towel. Put chicken in skillet. Stir; cook 5-10 minutes. Remove chicken. Put onion, celery and 1/2 of the chicken broth in skillet. Cook 5 minutes.

Combine sugar, starch, soy, sherry and remaining chicken broth. Pour over vegetables and cook until sauce thickens.

Add chicken, bamboo shoots, water chestnuts and walnuts. Heat through. Serve over rice.

Serves 4.

HAMBURG BARBECUE
(Sloppy Joe's)

Francine Garrity

To each pound of hamburger add:

1 onion, chopped
1 can tomato paste (small)
1 (8 oz.) jar chili sauce

(Cont.)

Season with:

garlic salt (about 1/4 tsp.)
onion salt (about 1/4 tsp.)
1/2 tsp. Worcestershire sauce
dash lemon juice

Add to taste.

Saute' onion and meat until done; add rest of ingredients. Simmer 1 hour. One pound of meat serves 10 good-sized rolls. Serve on hamburger rolls with salad and chips.

CHICKEN KIEV

Jo Hedge

Bone and pound thin the chicken, boned side up, between plastic wrap. Place 1/8 stick butter on each piece; salt and pepper. Roll - make sure ends are sealed well. Roll each piece in flour then beaten eggs, then in fresh bread crumbs. Chill well before deep frying for 5 minutes or until golden brown.

Use as many breasts as needed for number of people.

PETER'S 5-ALARM CHILI

Diane Pelesh

2-3 lbs. ground beef
1-3 lbs. chuck, cubed
1-3 lbs. hot Italian sausage (skinless)
2-3 (1 lb.) cans stewed tomatoes
2-3 medium onions, chopped
1 regular size bottle hot jalapeno salsa
1 regular size bottle chili sauce
2 regular size cans chili beans, mashed with 1-2 cans beer
2-3 Tbsp. chili powder
2-3 Tbsp. crushed red pepper
2-3 Tbsp. Tabasco sauce
1-2 Tbsp. Worcestershire sauce
3 Tbsp. cayenne pepper
3 Tbsp. salt (to taste)

Brown beef and onions in pan; drain grease. Add tomatoes, beans and spices. Simmer in pot covered for 3/4 - 1 hour. Let cool at room temperature. Refrigerate for 2-3 days or freeze.

SWEET-SOUR PORK

Jo Hedge

1 1/2 lbs. lean pork, cut in strips
1 (No. 2) can pineapple chunks
1/4 c. brown sugar
2 Tbsp. cornstarch
1/4 c. vinegar
2-3 Tbsp. soy sauce
1/2 tsp. salt
1 small green pepper, cut in strips
1/4 c. thinly sliced onion

Brown pork in small amount of oil. Add 1/2 cup water; cover and simmer until tender.

Drain pineapple; reserve syrup. Combine sugar and cornstarch; add pineapple juice, vinegar, soy and salt. Add to pork;

cook and stir until gravy thickens.

Add pineapple, green pepper and onion. Cook 2-3 minutes. Serve over rice.

Serves 6.

CONTINENTAL CHICKEN

Diane Pelesh

1 small onion
salt and pepper
paprika
1 chicken, cut up
butter
1 can cream of chicken soup
1 Tbsp. parsley
1 tsp. salt
1/8 tsp. thyme
1/2 tsp. celery flakes
1 1/3 c. water
1 1/3 c. Minute Rice

Mince onion and add salt, pepper and paprika. Let stand. Rub chicken pieces with seasoned onion and place in baking pan (9 x 12 inches). Dot with butter and bake at 350° for 1 hour until skin browns. Remove chicken to warm platter. In a saucepan put 1 can condensed cream of chicken soup, parsley, salt, thyme, celery flakes and water. Heat slightly on stove.

Take 1 1/3 cups Minute Rice and place in pan chicken was baked in. Add soup mixture and blend well. Return chicken to pan and sprinkle paprika over all. Cover and bake 15 minutes longer. Turn off oven and let stand in oven 15 minutes more.

CREAMY CHICKEN AND WILD RICE

Carolyn Crossland

1 1/2 c. wild rice (cooked)
1/2 c. chopped onion
1/2 c. butter
1 (6 oz.) can mushrooms (broiled)
1 1/2 c. mushroom liquid and chicken broth
1/4 c. flour
3 c. cooked chicken, diced
2 tsp. parsley
1/4 tsp. pepper
1/2 c. slivered almonds (toasted)
1 1/2 c. light cream
1/4 c. pimento, diced
1 1/4 tsp. salt

Saute' onion in butter; remove from heat. Stir in flour and juice from mushrooms and light cream. Then add rice (cooked), broiled mushrooms, chicken, pimento, parsley, salt and pepper.

Place in 2-quart casserole dish. Sprinkle almonds on top. Bake at 300° for 25-30 minutes.

DUTCH MEAT LOAF

Sharon Fullenkamp

1 1/2 lbs. ground chuck
1 egg
3 slices bread (torn into small pieces)

(Cont.)

1 medium onion, chopped
1 1/2 tsp. salt
4 oz. tomato sauce (use 1/2 can for topping)
1/4 tsp. pepper
1 tsp. dry mustard
1 tsp. Worcestershire sauce

Combine ingredients; form meat loaf. Place in loaf pan; spoon on topping and bake 1 hour at 350°.

Topping:

1/2 c. water
2 Tbsp. vinegar
2 Tbsp. brown sugar
2 oz. tomato sauce

SOUTH-OF-THE-BORDER TURKEY BAKE

Kay Pomeroy

Take 2-pound turkey steak, cutlet, filet or tenderloin (cut into 2-inch pieces).

2 Tbsp. butter
2 Tbsp. oil
6 corn tortillas, cut into 1-inch strips
1 can cream of chicken soup, undiluted
1 can cream of mushroom soup, undiluted
1 (10 oz.) can tomatoes and chilies, drained
1/2 can chopped green chilies
1 onion, chopped
1 green pepper, chopped
1/2 lb. Monterey Jack cheese, grated

Cook turkey steak pieces in hot oil and butter until lightly browned. Spread corn tortilla strips on bottom of 2-quart baking dish. Top with cooked turkey. Combine soups, green chilies, onion and green pepper. Pour mixture over turkey; top with grated cheese. Bake at 375°. Bake for 30-40 minutes.

May be prepared ahead, covered and refrigerated up to 24 hours and then baked at 300° for 1 hour and 15 minutes.

PORK CHOP KOUNTRY

Carolyn Crossland

8 or 10 pork chops (salted)
4 c. thinly sliced potatoes
1 can cream of celery soup
1 c. evaporated milk
3 Tbsp. chopped onion
1 c. shredded American cheese

Brown chops on both sides. Arrange sliced potatoes in 9 x 13-inch baking dish. Mix soup, milk and onion; pour over potatoes. Place chops over all; sprinkle with cheese. Bake at 350° for 1 hour and 15 minutes.

CHINESE SWEET AND SOUR PORK

Evelyn Stalcup

Meat: 1 pound lean pork, cut in 1-inch cubes.

Marinade:

1 Tbsp. wine
3 Tbsp. soy sauce
1 tsp. ginger, minced
1 tsp. garlic, minced
1/2 tsp. Accent

Batter:

1 egg and 1 egg yolk
6 Tbsp. cornstarch

Sauce:

2/3 c. sugar
1 1/2 Tbsp. soy sauce
1/2 c. vinegar
1 1/2 Tbsp. wine
1 tsp. salt
1/2 c. pineapple juice
4 Tbsp. ketchup
1/2 c. water
3 Tbsp. cornstarch

Vegetable Mixture:

1/2 c. green peppers, cut in strips
1/4 c. carrots, cut diagonally
1/4 c. onion, quartered
1/2 c. pineapple chunks
1/2 tsp. salt
oil for deep frying

Mix pork with ingredients for marinade and soak for 2-3 hours. Make sweet and sour sauce by combining sugar, soy sauce, wine, vinegar, pineapple juice, salt and ketchup. Bring to a boil. Mix water and cornstarch. Add to boiling sauce, little by little, stirring until it is medium thick. Set aside. Combine eggs and the 6 tablespoons cornstarch to make a stiff batter, adding more cornstarch if necessary. Drain meat and combine with batter. Deep fry until crisp and golden brown. Remove and keep warm on platter. In 2 tablespoons oil, stir-fry the vegetables. Add pineapple and salt. Add sweet and sour sauce and the meat to the vegetables. Turn off heat and combine well.

Serves 6-8.

TACORITOS

Sue Malone

Brown and drain 2 pounds ground beef.
Combine and heat:

(Cont.)

3 cans cream of chicken soup
2 soup cans water
3 tsp. chili powder
1 tsp. cumin
1 tsp. sage
2 tsp. garlic powder

Add a bit of warm sauce to meat. Put meat in flour tortillas and top with shredded lettuce, chopped tomatoes and shredded cheese. Roll up and place in shallow pans. Heat at 350° for 15 minutes. Serve with heated sauce.

NOTE: This recipe is from "Casa de Aceba".

TUNA CURRY

Donna Evans

Mix together:

1 can cream of mushroom soup
1/2 can condensed milk

Add 1 scant teaspoon curry powder (to taste). Drain and add in 1 can tuna.

Heat until bubbly. Serve with fluffy rice and a well chosen assortment of foods that will set off the curry (raisins, unsalted nuts, coconut, bacon bits, etc.)

CHICKEN TETRAZZINI

Donna Evans

2 qt. casserole
8 oz. spaghetti, in 2-inch pieces
4 oz. can mushrooms
4 Tbsp. butter
3 Tbsp. chopped onion
1/2 tsp. celery salt
a few grains cayenne pepper
1/4 tsp. marjoram
1 can cream of chicken soup
1 large can evaporated milk
2 c. cubed chicken (3 (5 oz.) cans)
2 Tbsp. chopped pimentos
1/2 c. chopped Cheddar cheese
1/4 c. grated Parmesan cheese

Cook spaghetti until tender. Drain. Drain mushrooms and save liquid. Saute' onion and seasonings in butter and add mushroom liquid. Blend in chicken soup. Stir until smooth. Gradually add evaporated milk, stirring constantly until smooth.

In a greased casserole mix spaghetti, mushrooms, pimento and chicken. Pour sauce over and mix well. Top with Cheddar and Parmesan cheese. Bake in moderate oven (350°) for 30 minutes or until lightly brown on top. This freezes well.

Makes 8 servings.

VEAL SMOTHERED IN MUSHROOMS

Sue Malone

Pound very thin 1 1/4 pounds veal. Cut meat in strips and place in mixing bowl. Sprinkle with:

1 1/2 tsp. Kitchen Bouquet
1 tsp. salt
1/8 tsp. marjoram

Stir with fork to coat evenly. Brown meat over moderate heat in 2 tablespoons fat. Add 1 (3 ounce) can mushrooms. Cover and cook over low heat, about 30 minutes.

Blend together and stir in:

2 tsp. cornstarch
2 Tbsp. cold water

Bring to boil, stirring constantly. You may add 1 or 2 tablespoons sherry.

Serves 4.

MIAE'S KOREAN CHICKEN

Sue Malone

Fry chicken pieces (I use wings and thighs) in oil to brown. Then transfer to skillet with warmed sauce:

4 Tbsp. soy sauce
1/2 c. Karo syrup
chopped green onions
salt and pepper
ginger
garlic powder

Thicken sauce with cornstarch dissolved in soy sauce.

CLASSIC WELSH RAREBIT

Sue Malone

1 lb. aged Cheddar cheese
1 tsp. butter or oleo
1 c. beer, at room temperature
2 tsp. dry mustard
1 tsp. Worcestershire sauce
1 tsp. paprika
hot toast triangles

Shred cheese. Melt butter; tip pan to coat bottom. Add cheese; as it begins to melt, gradually add beer. Add seasonings. When thick and hot, spoon over toast.

Serves 6-8.

SEAFOOD BELMONT

Nancy Orlando

(from Blue Moon Cookbook, Montgomery, Alabama)

2 lbs. large raw shrimp
1 lb. fresh lump crabmeat
6 Tbsp. butter
1/2 c. flour
2 c. milk
1 c. whipping cream
1/2 tsp. salt
1/4 tsp. cayenne pepper
3 Tbsp. ketchup
1 Tbsp. Worcestershire sauce
1 1/2 Tbsp. lemon juice
1/4 c. dry sherry
10 artichoke hearts, sliced
1 c. grated sharp (New York) Cheddar cheese
1 c. buttered bread crumbs

Cook, peel and devein shrimp. Make a cream sauce of butter, flour, milk and cream. When thickened remove from heat and add seasonings, ketchup, Worcestershire, lemon juice, sherry and cheese. In greased casseroles, place alternating layers of sauce, artichokes, crab and shrimp. Have sauce over the bottom and top layers. Cover with crumbs. Bake at 350° for 20 minutes or until bubbly hot. Run under broiler if not browned.

Makes 8-10 servings.

TOOTHCARE

Claire Freilinger

2 lbs. ground lean pork
1 lb. ground chuck
2 large onions
1 clove garlic
2 tsp. poultry seasoning
2 tsp. salt
1 tsp. celery salt
1 1/2 tsp. pepper
1/2 tsp. ground sage
1 c. water
3 potatoes, mashed with no milk
3 pie crusts (8-inch)

Brown meat, onions and spices. Add water and cook 45 minutes. Drain off fat after mixing potatoes. Pour into crusts.

Put in oven at 450° for 15 minutes. Lower to 375° for 30 minutes.

PITTSBURGER-ERS

(Ham Barbecue Sandwiches)

Rita Johnson

Sauce;

2 Tbsp. melted butter
1 small onion, minced
2 Tbsp. vinegar
2 Tbsp. brown sugar
4 Tbsp. lemon juice (approximately 1 lemon)
1 c. ketchup
1 Tbsp. Worcestershire sauce
1 1/2 tsp. prepared mustard
1/2 c. water
1 pt. (2 c.) tomato juice
dash paprika

Blend ingredients in saucepan and bring to a boil. Simmer 30 minutes on low heat. Add 2 pounds chipped (shaved) ham and heat through. Serve on hamburger buns. Serves 8-10.

(Sauce can be frozen or keeps well in jar in refrigerator.)

WORLD'S HARDEST CHICKEN

Barbara Ruane

1 can golden mushroom soup
1 jar marinated artichoke hearts
1/2 soup can sherry
1/2 c. slivered almonds
chicken breasts, halved and skinned

Arrange chicken breasts in glass baking dish with artichoke hearts. Mix sherry, soup and marinade. Pour over chicken. Top with almonds. Bake at 350° for 1 hour.

*Use 1/2 can sherry for 4-6 breasts. Use 1 can sherry for 6-8 breasts. When using 8 or more breasts use 2 soups, 2 jars of artichoke hearts and 1 can sherry.

CHICKEN DIVAN
(Easy but delicious)

Judy Rawson

Cook chicken, either whole or use breasts, in several quarts of water. Remove meat from bones.

Cook broccoli (2 packages) according to directions.

In blender combine:

1 can cream of chicken soup
2/3 can evaporated milk

In a 13 x 9-inch pan, place broccoli spears on bottom. Cover with a layer of chicken. Pour liquid over all. May be refrigerated or frozen at this point for later use.

Bake at 350° for 35-45 minutes until heated completely. Cover casserole with grated Cheddar cheese. Return to oven 5 minutes.

Serves 6.

BEEF STROGANOFF

Barbara Ruane

2 lbs. round steak, sliced in thin strips
4 slices bacon, cut in small pieces
1 c. minced onion
1/2 lb. fresh mushrooms or 8 oz. canned
1 can beef bouillon or 8 oz. water with bouillon
1 (8 oz.) can tomato sauce
1 tsp. salt
1 tsp. rosemary
1 tsp. Worcestershire sauce
1/4 c. dry white wine
1 c. sour cream

(Cont.)

Fry bacon pieces until very crisp. Remove bacon from pan. Brown beef strips in bacon drippings. Add onion and mushrooms; saute' until lightly browned. Add bouillon (undiluted), tomato sauce and spices. Return bacon pieces to mixture. Cover and simmer 1 hour. Add wine. Stir in sour cream slowly. Serve over rice or egg noodles.

MARIA'S MOUSAKA

Sharon Queen

Serves 4-6.

1 onion, chopped
2 Tbsp. olive oil
1 lb. ground beef
1 c. tomato sauce
3 eggplants
3 eggs
1/2 tsp. allspice
1/2 tsp. salt
1/2 tsp. pepper
2 c. light cream
1 c. bread crumbs
2 Tbsp. melted butter

Cut the eggplants into 1/4-inch slices and fry them until brown on both sides.

In a pan heat the olive oil and add the onion. When the onion is soft add the ground beef and stir until the meat is browned. Add the salt, pepper, allspice and sauce. Cover and simmer for 30 minutes.

Grease a baking dish (11 3/4 x 7 1/2 inches) and preheat the oven to 350° F.

Put a layer of eggplant on the bottom of the baking dish and top with a layer of ground beef. Add another layer of eggplant and top with the remaining beef mixture. Top with remaining eggplant slices.

Beat the 3 eggs, cream and 1/2 cup of bread crumbs. Pour this mixture over the top layer of eggplant slices.

Sprinkle the remaining 1/2 cup of crumbs on top and drizzle butter over entire mixture.

Bake 40 minutes or until the egg mixture is set.

FISH ROLL-UPS

Jane Hildebrand

1/3 c. butter or margarine
1/3 c. real lemon juice
2 tsp. chicken-flavored bouillon or 2 cubes
1 tsp. Tabasco pepper sauce
1 c. cooked rice
1 (10 oz.) pkg. frozen chopped broccoli, thawed
1 c. (4 oz.) shredded Cheddar cheese
8 fish fillets (2 lbs.) fresh or frozen, thawed
paprika

Preheat oven to 375°. In small saucepan, melt butter; add

lemon juice, bouillon and Tabasco. Heat slowly until bouillon dissolves; set aside. In medium bowl, combine rice, broccoli, cheese and 1/4 cup lemon butter sauce; mix well. Divide broccoli mixture equally among fillets. Roll up and place seam down in shallow baking dish. Pour remaining sauce over roll ups. Bake 25 minutes or until fish flakes with fork. Spoon sauce over individual servings; garnish with paprika.

QUICK NEWBURG

Rusty Krause

2 cans cream of shrimp soup
1 c. milk
2 c. cooked shrimp (or 2 cans)
1 can peas (drained)
8 Pepperidge Farm patty shells (baked)

Heat first 4 ingredients and add:

1/4 c. dry sherry
2 oz. shredded sharp Cheddar cheese

Spoon into shells and serve.
Faster, use:

1 can cream soup
1 can celery soup
1 can Cheddar soup

Add milk to right consistency. Use cream of chicken soup and chicken cubes or cream of shrimp soup with shrimp.

SWEET AND SOUR POT ROAST

Rusty Krause

Use chuck, rump, heel of round or sirloin tip. Use 4-5 pound roast; 6-8 servings.
Combine:

1/4 c. flour
1 tsp. salt
1/4 tsp. pepper

Rub into meat on all sides. Heat 2 tablespoons salad oil in heavy kettle over medium heat; put in meat and brown on all sides 20-30 minutes. Add:

1/4 c. brown sugar
1/4 tsp. nutmeg

For liquid:

1/2 c. water
1/2 c. vinegar

(Cont.)

Cover and cook slowly until tender (about 45 minutes to 1 hour/pound).

Add 10-12 small onions about 30 minutes before meat is done.

BEEF AND BEER

Rusty Krause

5 lb. rump roast
2 cans stale beer
1 jar Smucker's sweet ketchup (or add a little honey to small jar of regular ketchup)
3-6 onions, sliced

Pour ketchup over roast and top with sliced onions. Add 1 can of beer and cook at 325° (45 minutes per pound). When meat is about 1/2 done, slice and return to sauce. Add other can of beer when meat is almost done.

BURGANDIED BEEF

Rusty Krause

Serves 6.

2 lbs. sirloin steak (cut in thin strips)
6 Tbsp. butter (margarine)
2 medium green peppers, chopped
2 medium onions, chopped
1 (10 1/2 oz.) can beef broth
1/2 c. red Burgundy
1 1/2 Tbsp. cornstarch
hot cooked rice (or noodles)

Sprinkle meat with salt and brown 1/3 at a time in 2 tablespoons butter. Put aside. Brown green pepper and onion in remaining butter. Add broth. Combine wine and cornstarch and add, cooking until thick. Add meat and serve over hot rice.

CHICKEN JACQUELINE

Jim Clarey

Steam 4 packages chicken breasts; bone and skin.

Sauce:

1/2 c. butter, melted
1/4 c. flour

Add about 2 cups milk, until thick. Add:

1 lb. Velveeta cheese
1/2 c. sherry (to taste)

Cook whole fresh mushrooms in 1/2 cup butter. Place chicken breasts in 9 x 13-inch pan; place mushrooms on top and cover with cheese and sherry sauce.

Sprinkle with paprika and toasted almond slivers.

CHICKEN A LA DAN
(Dan made it up!)

Katie Peterson

Serves 4.

4 chicken breasts (large halves)
2 cans mushroom soup
1 can asparagus (long)
2 cans baby potatoes

Layer chicken, asparagus, potatoes, then pour soup over it all. Sprinkle with garlic powder and lemon pepper. Cover; bake 1 hour (or more - 1 1/2 hours maximum).

LIVELY LIVER STRIPS
(Even liver haters will love it!)

Carol Maxon

1 lb. sliced beef liver, cut in 1/4-inch strips
1/4 c. flour
1 1/4 tsp. salt
1/8 tsp. pepper
2 Tbsp. cooking fat
1/2 c. chopped celery
1 Tbsp. chopped onion
1 clove garlic, minced
1 1/4 c. water
1/2 tsp. ground marjoram
4 oz. can mushroom pieces
2 Tbsp. snipped parsley

Combine salt, pepper and flour; dredge liver strips and brown in cooking fat in large skillet. Remove liver strips. Pour off drippings. Add celery, onion, garlic, water and marjoram to skillet. Cover and cook 5 minutes. Return liver strips to pan; add mushrooms, if desired. Cook 10-12 minutes. Stir in parsley. Serves 4.

STEWED CHICKEN

Paula Axelrod

2 1/2 - 3 lbs. cut-up chicken
4 carrots (sliced)
3 medium onions (sliced)
paprika

In a 6-quart pot put chicken and just cover with water. Bring to a boil and cook until chicken is not quite done. Add salt and pepper to taste in water. Remove boiled chicken and allow to dry some. Then proceed to fry chicken in a few tablespoons of butter and Crisco until golden. Remove and put back into broth. Add vegetables and continue cooking until vegetables are soft. After all the ingredients are in the broth, sprinkle the top of the broth with paprika so it is covered. The broth should be red color.

When vegetables are done, serve with boiled potatoes!

CHICKEN ENCHILADAS

Pam Johnson

Serves 8.

1 medium onion, chopped
2 Tbsp. butter
1 c. cream of chicken soup
1 c. cream of mushroom soup
1 pkg. corn tortillas
1 c. chicken broth
1 Longhorn cheese, grated
1 small can chopped green chilies
3 chicken breasts

Brown onion in butter; combine with soups, broth and green chilies; add chicken and stir well. In a large baking dish, place a layer of tortillas, then chicken mixture, then cheese. Repeat the layer until casserole is filled. Bake at 350° for 30 minutes.

SCALLOPED SCALLOPS

Connie Rasmussen

1/3 c. butter
1 Tbsp. minced onion
1 c. cracker crumbs
1 Tbsp. minced parsley
1 lb. bay scallops
1 tsp. grated lemon rind
1/4 tsp. leaf thyme
1/4 tsp. salt
3/4 c. warm half & half
paprika

Heat butter in medium heavy skillet until melted. Add onion and cook until tender. Stir in cracker crumbs. Heat, stirring constantly, until crumbs are lightly toasted. Stir in parsley; set aside. Arrange scallops in single layer in 9-inch pie plate. Sprinkle lemon rind, thyme and salt over scallops. Pour warm half & half over scallops. Sprinkle crumbs and paprika on top. Bake at 350° for 20-25 minutes until heated and scallops are firm but tender.

BAKED STUFFED SHRIMP

Francine Garrity

1 lb. jumbo shrimp (9-12) or smaller shrimp
1/2 c. melted butter
1 c. fine crumbs (bread, corn flakes, etc.)
1/4 c. grated Parmesan cheese
1/2 tsp. salt and pepper
1 Tbsp. lemon juice
2 Tbsp. sherry, white wine or water

Place frozen or thawed shrimp in casserole and brush with part of melted butter; heat in a 325° oven while preparing the rest of ingredients for topping. Spoon over shrimp. Bake 25-30 minutes.

SAVORY BOW TIES

Francine Garrity

1/4 c. salad oil
1 lb. hamburger
1/2 c. chopped green pepper
1 envelope Lipton onion soup mix
1 c. Burgundy wine
2 (8 oz.) cans tomato sauce
1/4 tsp. pepper and parsley
8 oz. egg bows
1/2 c. grated Parmesan cheese

Saute' meat and green pepper in hot oil. Dissolve soup mix in wine; add to meat with tomato sauce and pepper. Bring to a boil and simmer 30 minutes. Cook egg bows as directed on package. Drain and toss with sauce. Turn into 2-quart casserole. Sprinkle with cheese and bake, uncovered. Bake 15 minutes in 350° oven.

BEEF ROULADE STUFFED WITH JALAPENA RICE DRESSING

Dana Massey (Mrs. Grady W.)

4 lbs. beef round
1/2 stick butter
1 small yellow onion, chopped
2 ribs celery, chopped
1 small green pepper, chopped
2 c. rice, cooked
1/2 c. soft bread crumbs
4 oz. can green chilies, chopped
sour cream to bind

Mexican Sauce:

2 (10 oz.) cans enchilada sauce
1 Tbsp. chili powder (Gebhardt's best)
1 Tbsp. cumin seeds
2 garlic cloves, minced

Slice the beef into long thin slices for stuffing, or order it sliced at the meat market. Season with salt and pepper. In a saucepan saute' the onion, celery and green pepper until soft. Add the rice, bread crumbs and enough sour cream to bind together. Place mixture in each beef slice and roll up, securing with a toothpick or tie each roll with a string. Transfer to a shallow baking dish and place side by side. Bake at 350° until browned.

While the beef is baking prepare the sauce. In a saucepan combine all sauce ingredients until well blended and simmer for about 10 minutes. Remove beef from the oven and add the sauce. Return to oven and bake, covered, for 1 hour or until beef is tender.

PORK CHOP SUEY

Joanne Swiderski

This recipe is handy whenever you have leftover pork, beef or poultry and do not want to spend a lot of time in the kitchen. It is especially quick and easy if you have a food processor to slice the vegetables.

(Cont.)

2 c. diced pork (beef or poultry)
1/2 - 1 c. water (depending on the consistency desired)
1 c. chopped onion
1 c. chopped celery
1 tsp. flour
salt and pepper

Saute' onion and celery lightly in butter. Add water, salt and pepper. Cover and simmer over low heat, stirring occasionally. When the onion and celery are 1/2 done, add the meat. Cover and continue to simmer and occasionally stir until the onion and celery are done. Sprinkle flour over the mixture. Stir and simmer a while longer; serve with garlic rice.

EASY ROAST WITH VEGETABLES

Joanne Swiderski

roast
1 can pinto beans
1 can green beans
salt and pepper
garlic powder
some water

Put roast with small amount of water in covered enamel pot. Add salt, pepper and garlic powder. Cook over low heat for several hours. Add rest of ingredients. Continue cooking until roast is tender. Serve with rice. (225° - 250°.)

CHICKEN WITH CHIPPED BEEF

Zelle Eye

2 1/2 oz. jar dried chipped beef
8 chicken breasts
1 can cream of mushroom soup
1 carton sour cream (12 oz.)
bacon slices

Line casserole with chipped beef. Add chicken. Cover with mixture of soup and sour cream. On top of each piece of chicken place 1/2 slice of bacon.

Bake 2 1/2 hours at 250°.

CHINESE HAMBURGER

Mary Longren

2 lbs. hamburger
1 medium onion
1/2 c. sliced celery

Brown a little. Add:

1 can bean sprouts
1 can sliced water chestnuts
3/4 c. rice
1 1/2 c. water

Simmer for 45 minutes. Serve over chow mein noodles.

PLUM GOOD PORK RIBS

Kathy Pitzer

3-4 lbs. pork spareribs
1/2 c. Kikkoman soy sauce
1/2 c. plum jam
1/2 c. honey
1/4 c. orange juice
1 clove garlic, minced

Cut ribs into serving pieces; place in shallow pan, meaty side down. Cover tightly with foil. Bake in 325° oven for 1 hour.

Meanwhile, combine soy sauce, plum jam, honey, orange juice and garlic. Remove foil; drain off drippings. Brush both sides of ribs thoroughly with soy sauce mixture. Pour remaining sauce evenly over ribs. Return to oven and bake 30 minutes, brushing ribs with sauce every 10 minutes.

BARBECUED CHUCK STEAK

Kathy Pitzer

2 cloves garlic
2 Tbsp. vegetable oil
1/4 tsp. dry mustard
2 tsp. soy sauce
1/2 tsp. rosemary
2 Tbsp. wine vinegar
1/4 c. sherry
3 lbs. chuck steak, 2 inches thick
2 Tbsp. ketchup
2 tsp. steak sauce

Saute' garlic lightly in oil in small saucepan; add mustard, soy sauce and rosemary. Remove from heat; add vinegar and sherry. Put steak in large heavy plastic bag and add sherry mixture. Secure with fastener and marinate for at least 2 hours and 2 days.

When ready to cook add ketchup and steak sauce to mixture. Brush on steak frequently - 15 minutes grilled on 1 side, 20 minutes on the other.

FRUIT GLAZED CHICKEN

Suzy Soper

Serves 6-12.

1 (12 oz.) can frozen orange juice concentrate
1/2 c. ketchup
1/4 c. lemon juice
2 Tbsp. soy sauce
2 Tbsp. melted butter
1 tsp. allspice
1/2 tsp. ginger
1/2 tsp. garlic powder
salt to taste
freshly ground pepper
6 whole chicken breasts, boned and halved
1 (11 oz.) can Mandarin oranges, drained
3 bananas, peeled and quartered

Combine first 10 ingredients, blending well. Pour sauce over; cover and marinate for several hours or overnight, if more convenient. (Cont.)

Preheat oven to 350°. Bake chicken for 30 minutes. Add oranges and bananas and baste with sauce. Bake 30 minutes more, basting several times. Skim off fat. Just before serving, place under broiler 2 or 3 minutes to brown thoroughly and glaze.

PARMESAN PORK CHOPS

Donna Evans

Brown 4-6 pork chops quickly on 1 side in a heavy skillet. Pour off fat; turn chops brown side up.

Melt in a saucepan 2 tablespoons shortening. Blend in 1/2 cup flour. Gradually add 2/3 cup milk, stirring until thick. Remove from heat. Blend in 2 egg yolks; cook over low heat, beating hard until very thick. Remove from heat.

Blend in:

2 Tbsp. grated onion
1/2 tsp. salt
1/4 tsp. pepper
1/3 c. grated Parmesan cheese

Spread mixture on chops, covering tops completely. Bake at 350° for 50-60 minutes until brown and fluffy.

PASTITSIO (GREEK)

Mary Wilson

Bake at 375° for 35-40 minutes.

1 1/2 lbs. ground beef
4 slightly beaten egg whites
1 c. chopped onion
1 (6 oz.) can tomato paste
1/4 tsp. thyme
2 tsp. salt
1 (7 oz.) pkg. elbow macaroni
4 slightly beaten egg yolks
1/2 c. cubed Feta cheese
1/2 c. butter
1/2 c. flour
1/4 tsp. ground cinnamon
4 c. milk

In skillet cook beef and onion until meat is browned; drain fat. Add tomato paste, thyme and 1 teaspoon salt. Simmer, covered, 25 minutes; stir often.

Meanwhile, cook macaroni according to directions. Drain well. Stir slightly beaten egg whites and cheese into drained macaroni; stir in meat mix. Turn into 13 x 9 x 2-inch baking dish.

In large saucepan melt butter. Blend in flour and cinnamon; add 1 teaspoon salt. Add milk all at once. Cook, stirring constantly, until thickened and bubbly. Remove from heat. Gradually stir some of hot sauce into slightly beaten egg yolks; blend well.

Return yolk mixture to sauce, stirring rapidly. Pour over meat mixture in baking dish. Sprinkle lightly with additional cinnamon if desired.

Bake at 375° until heated through, 35-40 minutes. Let stand 10 minutes before serving. Makes 12 servings.

MAIN DISHES
EGG • CHEESE
PASTA·CASSEROLE
FRESH
EGGS
2¢
©ard ORIGINAL

EGG, CHEESE, PASTA AND CASSEROLE

* To prevent eggs from curdling when they are to be added to hot liquid, add a bit of the hot liquid to the eggs first and letting the temperature equalize. Then they can be added to the remaining liquid with no worries.

* Adding vegetable oil to pasta cooking water before you add the pasta will cut down on sticking.

* When preparing your favorite casserole, double the batch and freeze one for a busy day.

* Egg yolks can be kept for several days in the refrigerator if they are covered with vegetable oil.

* If a casserole dish is lined with several layers of foil and then filled and frozen, the casserole can be lifted out when solid and wrapped for freezing without losing the use of the casserole dish. It will fit right back into the dish when it's time to bake it. This also makes for easier stacking of casseroles in the freezer.

* A dull warm knife works best for slicing cheese.

* Use a fry basket in the pot when cooking pasta. The pasta can be lifted out all at once and rinsed in the same basket.

* Stir eggs while they are boiling to keep the yolks centered. This makes deviled eggs prettier.

* Storing cheese in a tightly covered container with a few sugar cubes will retard mold.

* Hardened cheese can be softened by soaking in buttermilk.

* Bring salted water to a boil, stir in pasta, cover and turn off the heat. Check the pot in ten minutes.

* If grater is brushed with oil before you grate cheese clean up will be a snap!

* Adding vinegar to the water used to cook hard boiled eggs will keep them from 'running' if a shell is cracked.

* Rub shortening around the top of the pot to prevent boil overs.

* Mark hard boiled eggs before they are stored so you won't have to guess the raw eggs from the cooked ones. This can be done with a crayon or by adding food coloring to the cooking water.

* Run cooked spaghetti under HOT water to prevent stickiness.

MAIN DISHES --
EGG, CHEESE, PASTA AND CASSEROLES

FRYING PAN LASAGNE

Marie Clapsaddle

1 lb. browned ground beef, drained
1 envelope spaghetti mix, dry
1 lb. cottage cheese
8 oz. lasagne noodles
2 tsp. basil leaves
1 tsp. parsley
1 tsp. salt
8 oz. tomato sauce
1 lb. can tomatoes
3/4 c. water
8 oz. Mozzarella cheese, shredded

Layer 1/2 of browned beef in an electric frying pan. Sprinkle 1/2 of dry spaghetti mix over meat. Spread cottage cheese over meat.

Top with layer of noodles, uncooked (use 8-ounce package). Sprinkle rest of spaghetti mix, basil, parsley, tomatoes and tomato sauce.

Pour 3/4 cup water over all. Cover; simmer 35-45 minutes. Check to see if noodles are done. Sprinkle Mozzarella cheese over; melt for 5 minutes.

Turn off heat; let set 15 minutes or until set. Cut and serve.

GREEN CHILI APPETIZER

Lynette Ryder

1 (4 oz.) can chopped green chilies (drained)
3 c. grated Monterey Jack cheese (12 oz.)
4 large eggs, beaten

Makes 16 squares. Heat oven to 300° F. Sprinkle green chilies and cheese evenly in the bottom of a greased 8-inch square baking pan. Pour eggs over cheese mixture and bake 60 minutes, until firm in center. Remove from oven and place pan on a wire cake rack to cool for 5 minutes. Cut into 2-inch squares and serve warm or cold.

Dish may be baked ahead, cooled, covered and refrigerated for up to 3 days. Reheat at 300° for 15 minutes.

SPAGHETTI PIE

Jacque Thompson

Makes 2 pies if your guests are robust eaters.

6 oz. spaghetti
2 Tbsp. butter or margarine
1/3 c. grated Parmesan cheese
2 well beaten eggs
1 lb. ground beef or bulk Italian sausage
1/2 c. chopped onion
1/4 c. chopped green pepper

(Cont.)

1 (8 oz.) can tomatoes, cut up (1 c.)
1 (6 oz.) can tomato paste
1 tsp. sugar
1 tsp. dried oregano, crushed
1/4 tsp. salt
1/4 tsp. garlic salt

1 c. (8 oz.) cottage cheese, drained
1/2 c. (2 oz.) shredded Mozzarella cheese

Cook spaghetti using package directions; drain (should have 3 1/4 cups spaghetti). Stir butter into hot spaghetti. Stir in Parmesan cheese and eggs. Form spaghetti mixture into a "crust" in a buttered 10-inch pie plate.

In skillet, cook ground beef or sausage, onion and green pepper until vegetables are tender and meat is browned. Drain off excess fat. Stir in undrained tomatoes, tomato paste, sugar, oregano, salt and garlic salt.

Spread cottage cheese over bottom of spaghetti "crust". Fill pie with tomato mixture. Cover with foil and chill in refrigerator 2-24 hours.* Bake, covered, in 350° oven for 60 minutes. Uncover; sprinkle with Mozzarella cheese. Bake 5 minutes longer or until cheese melts. Makes 6 servings.

*Or seal, label and freeze. Bake frozen pie, covered, in 350° oven for 2 hours. Uncover; sprinkle with Mozzarella cheese and bake 5 minutes more.

RICE AND HAM CASSEROLE

Francine Garrity

4 slices diced bacon
1/2 c. chopped green pepper
2 Tbsp. chopped onion
1/2 c. chili sauce
2/3 c. water
3 c. cooked rice
1 1/2 c. cubed cooked ham
1 c. grated sharp cheese

Partially saute' bacon; add green pepper and onion; saute' until done. Stir in chili sauce and water. In 1 1/2-quart casserole combine sauce, rice, ham and 1 cup of cheese. Bake at 350° for 20 minutes.

Top with 1/2 cup grated cheese. Bake 10 minutes longer or until hot.

Serves 4-6.

SPAGHETTI SAUCE

Pam Johnson

2 large cans whole tomatoes, blended for a second in blender
2 cans (small) tomato paste

Put in 3-quart pan; sprinkle lightly with garlic salt, oregano

and basil over top of tomatoes to cover entire top.

SHRIMP CHINESE BAKE

Mary Longren

3 c. sliced celery
1 c. chopped onion
2-3 cans cream of mushroom and celery soup
1/2 c. mushroom juice or water
1 can drained mushrooms
2 Tbsp. butter
3/4 c. chopped green pepper
4 oz. pimentos, drained and chopped
5 oz. water chestnuts, sliced
6 oz. cashews
1 lb. cleaned cooked shrimp
2 cans chow mein noodles

Combine celery, onion and liquid; simmer until onion is soft. Drain. Brown mushrooms in butter and combine all ingredients except noodles. Season to taste.

Layer bottom of a large greased baking dish with 1 can noodles then mixture and top with noodles.

Bake at 350° for 30 minutes or more. Serve 12.

MEXICAN CASSEROLE

Mary Longren

1 lb. hamburger, browned and drained
1 (8 oz.) can tomato sauce
1 can enchilada sauce
1 can kidney beans (drained)
1 Tbsp. chopped onion
1 pkg. corn chips
1 c. Cheddar cheese (grated)
1 c. commercial sour cream

Brown hamburger and onion; drain. Add the rest of the ingredients and stir. Put in casserole dish. Bake at 350° for 35 minutes. Sprinkle some extra cheese and corn chips on top. Return to oven 10-15 minutes.

HAM AND CHEESE QUICHE

Dianne Ruetsch

1 unbaked (9-inch) pastry shell
1 1/2 c. ground ham
1 c. shredded Swiss cheese
1/2 c. sliced green onions
3 eggs
1 c. mayonnaise
1/2 c. milk

Pierce pastry thoroughly with fork. Bake at 375° F. for 10 minutes. Remove. In large mixing bowl toss all ingredients and spoon into pastry. Pour slowly into pastry shell the milk. Bake 50 minutes or until knife inserted in the center comes out clean.

Serves 8.

HOT CRAB SOUFFLE

Rusty Krause

8 slices day-old bread
2 c. crabmeat (or shrimp or 1 c. each)
1/2 c. mayonnaise
1 medium onion, chopped
1 green pepper, chopped
1 c. celery (chopped)
3 c. milk
4 eggs
1 c. mushroom soup
grated cheese to taste
paprika to taste

Cube 1/2 of the bread and line a large flat casserole. Mix crab, mayonnaise, onion, green pepper and celery. Put on top of the bread. Cube remaining bread and place on top. Mix soup, eggs and milk and pour over the top. Bake at 325° for 1 hour. Last 15 minutes sprinkle with cheese and paprika.

Can be mixed and left in refrigerator overnight and baked the next day.

SOUTHWESTERN QUICHE

Rusty Krause

1 (9-inch) pie crust
1/2 c. Monterey Jack cheese (grated)
1 tsp. chili powder
3/4 c. Cheddar cheese (grated)

3 slightly beaten eggs
1 tsp. salt
1/4 tsp. pepper
1 1/2 c. half & half
1 (4 oz.) can chopped green chilies
1 small can sliced ripe olives
2 Tbsp. chopped green onion
1 tsp. chili powder

Sprinkle pie crust with chili powder. Mix grated cheese and spread on crust. Mix rest together and pour over cheese and pastry.

Bake at 350° for 45 minutes.

BREAKFAST CASSEROLE

Diane Skinner

Serves 8.

10 slices white bread
6 eggs
3 c. milk
2 Tbsp. snipped parsley
1 Tbsp. dry mustard
1 tsp. salt
2 c. shredded processed sharp American cheese
3 Tbsp. finely chopped onion

Heat oven to 325°. Remove crust from bread; cut bread into cubes. Beat eggs, milk and seasonings. Stir in bread cubes, cheese and onion. Pour mixture into ungreased baking dish, 11 1/2 x 7 1/2 x 1 1/2 inches. Bake uncovered 1 hour or until center is set.

QUICK QUICHE

Connie Rasmussen

Spread 1 package Pillsbury crescent rolls in 9 x 13-inch pan. (Don't break apart.) Slice small sausages over rolls. Spread 8 ounces grated cheese on top.

Blend and pour over cheese:

1 c. milk
1 tsp. salt
1/4 tsp. oregano
1/8 tsp. pepper

Bake at 400° for 20-25 minutes.

HAM AND CHEESE DISH

Jean Pelzer

1 lb. ham, grated
1 lb. Cheddar cheese, grated
1/2 c. milk
6 eggs
36 saltine crackers

Beat eggs, milk and crackers together. Add ham and cheese; pour into 13 x 9-inch pan. Bake at 350° for 1 hour.

Great for a brunch or luncheon.

MOUSSAKA

Diane Pelesh

2 medium onions, chopped
3 Tbsp. butter
1 1/2 lbs. ground meat (beef or lamb)
1 (6 oz.) can tomato paste
1/2 c. water
1/2 c. red wine
1/4 c. chopped parsley
1 1/2 tsp. salt
1/4 tsp. pepper
dash cinnamon
1 egg
1/2 tsp. paprika
1/4 c. bread crumbs
2 large eggplant (peeled 2 lbs.)
1/3 c. butter
cooking oil
1/3 c. flour
3 c. milk
3 eggs, slightly beaten
1/2 c. grated Parmesan cheese
sprinkle nutmeg

Saute' onion in butter; add meat and cook to brown. Pour off fat. Add tomato paste, water, wine, parsley, salt, pepper, paprika and cinnamon. Cover and cook 10 minutes; stir in egg.

Peel eggplant and slice 1/4 - to 1/2-inch thick. Fry in hot oil until golden and drain on paper towel. Add oil as needed.

Sprinkle pan with bread crumbs and line with eggplant (sliced).

Bechamel Sauce:

Melt 1/3 cup butter; stir in flour and slowly add milk, stirring

(Cont.)

constantly; cook until thickened. Season with:

1 tsp. salt 1/4 tsp. pepper

Remove from heat and add 1 cup sauce to meat mixture.

Alternate layers of eggplant slices with meat mixture, ending with eggplant on top. Pour Bechamel Sauce over all to penetrate meat. Sprinkle with Parmesan and cinnamon.

Bake about 45 minutes until golden. Let set about 1/2 hour before cutting into squares.

Use 9 x 12-inch pan. Serves 8-10.

* * * * * * * *

Write your extra recipes here:

VEGETABLES

BUYING GUIDE
Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables

ASPARAGUS—Stalks should be tender and firm, tips should be close and compact Choose the stalks with very little white—they are more tender Use asparagus soon—it toughens rapidly

BEANS, SNAP—Those with small seeds inside the pods are best Avoid beans with dry-looking pods

BERRIES—Select plump, solid berries with good color Avoid stained containers, indicating wet or leaky berries Berries such as blackberries and raspberries with clinging caps may be underripe Strawberries without caps may be too ripe

BROCCOLI, BRUSSELS SPROUTS, AND CAULIFLOWER—Flower clusters on broccoli and cauliflower should be tight and close together Brussels sprouts should be firm and compact Smudgy, dirty spots may indicate insects

CABBAGE AND HEAD LETTUCE—Choose heads heavy for size Avoid cabbage with worm holes, lettuce with discoloration or soft rot

CUCUMBERS—Choose long, slender cucumbers for best quality May be dark or medium green but yellowed ones are undesirable

MELONS—In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green

Ripe watermelons have some yellow color on one side If melons are white or pale green on one side, they are not ripe

ORANGES, GRAPEFRUIT, AND LEMONS—Choose those heavy for their size Smoother, thinner skins usually indicate more juice Most skin markings do not affect quality Oranges with a slight greenish tinge may be just as ripe as fully colored ones Light or greenish-yellow lemons are more tart than deep yellow ones Avoid citrus fruits showing withered, sunken, or soft areas

PEAS AND LIMA BEANS—Select pods that are well-filled but not bulging Avoid dried, spotted, yellowed, or flabby pods

ROOT VEGETABLES—Should be smooth and firm Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness

SWEET POTATOES—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked Yellow to light-brown ones of the Jersey types are firmer and less moist

FRIED RICE

Francine Garrity

1 (5 oz.) pkg. (1 1/2 c.) Minute Rice, cooked and chilled
2 Tbsp. salad oil
1 (6 oz.) can mushrooms, drained
1/4 c. finely chopped green onions
2 Tbsp. soy sauce
8 slices cooked crisp bacon, coarsely crumbled
1 beaten egg

Heat oil in skillet; add rice, mushrooms, onions and soy sauce. Cook over low heat 10 minutes. Stir some. Add bacon and egg. Stir and cook 5 minutes longer. Serves 5.

GREEN BEAN CASSEROLE SUPREME

Carolyn Crossland

2 cans French-style green beans (drained)
1 can cream of mushroom soup
1 squeeze tube Kraft cheese (bacon flavor)
2 cans French fried onion rings

Melt cheese in mushroom soup over low heat. Add beans and 1 can of onion rings. Pour into casserole dish and bake at 400° for 20 minutes. Then add remaining can of onion rings to the top; bake 5 more minutes.

MARINATED CARROTS

Connie Rasmussen

Slice 2 pounds carrots diagonally and cook until done, but not soft. Marinate in following mixture which has been whipped to blend:

1 can tomato soup (undiluted)
1 c. sugar
1 c. salad oil
1 tsp. salt
1 tsp. dry mustard
3/4 c. vinegar
1/2 tsp. pepper

Add:

1 large onion, sliced in rings
1 large green pepper, slivered

Marinate 24 hours. Serves 20-25.

SPINACH CASSEROLE

Carol Moore

Cook 2 packages frozen spinach. Cook as directed on box; drain. Add 1 carton sour cream, then add 1 package of onion soup mix.

Put in buttered casserole and cover with onion rings. Cook at 350° for 25 minutes.

KARYL'S BEANS

Mary Longren

6 slices bacon, cooked and drained
1 tsp. dry mustard
3/4 c. brown sugar
1/2 c. ketchup
2 (16-18 oz.) cans pork and beans

Combine all ingredients. Bake uncovered in 325° oven for 2 1/2 hours.

CARROT BAKE WITH BASIL

Jan Thorpe

Place 6 medium carrots in a small baking dish. Add 1/4 cup water. Season with salt and pepper to taste. Cover; bake at 350° for 1 1/2 hours or until done. Drain. Before serving, sprinkle with:

1/2 tsp. basil
1-2 Tbsp. butter

BESSIE'S QUICK POTATOES

Mary Longren

2 lbs. hash browns
2 cans cream of chicken soup
1 pt. carton sour cream
salt and pepper to taste

Sprinkle fried bacon over all and bake at 375° until bubbly.

SWEET POTATO DELIGHT

Irene Wolfe

Mix:

1 large can sweet potatoes (mashed)
1 c. white sugar
1 stick butter or margarine
1 c. milk
2 beaten eggs

Put into casserole dish.

Topping:

1 c. chopped pecans
1/2 stick butter or margarine
1 c. brown sugar
1/3 c. flour
1/4 tsp. salt

Mix topping ingredients until crumbly. Pour over potatoes. Bake at 425° for 35-40 minutes.

BROCCOLI-RICE CASSEROLE

Carol Maxon

1 can cream of mushroom soup
1 can cream of chicken soup
1 small jar Cheez Whiz
1/2 c. diced celery
1/2 c. diced onion
1/4 c. margarine or butter
2 pkgs. frozen chopped broccoli
3/4 c. instant rice

Serves 8-10. Cook broccoli according to directions; drain very well. Saute' onion and celery in margarine. Mix all ingredients (do not cook rice) and pour into casserole. Bake at 350° for 30 minutes. Top with buttered bread crumbs and slivered almonds.

RICE AND GREEN CHILIES

Irene Wolfe

1 c. rice (salt and cook as usual)
2 cans Ortega whole green chilies (4 oz.), chopped fine
1/2 lb. Cheddar cheese, grated
1 pt. sour cream dressing

Reserve 1 cup grated cheese. Drain rice, but do not rinse. Add green chilies, cheese and sour cream dressing. Mix well. Pour into a well-oiled casserole. Sprinkle reserved cheese on top. Cover and bake in moderate oven (350°) for 30 minutes.

BROCCOLI NUT CASSEROLE

Jo Hedge

3/4 c. chopped roasted peanuts
2 (10 oz.) pkgs. frozen broccoli
1 c. grated sharp Cheddar cheese
1 medium onion, chopped
1 can cream of mushroom soup
2 eggs, well beaten
1 c. mayonnaise
2 c. dry bread crumbs

Cook broccoli with salt according to package directions; drain. Add soup, mayonnaise and chopped nuts. Mix well and add eggs and onion; mix well. Melt butter and pour over bread crumbs which have been sprinkled over casserole in 1 1/2-quart casserole dish. Sprinkle cheese over this and bake at 350° for 30 minutes.

POTATOES ROMANOFF

Evelyn Stalcup

5 c. diced, cooked potatoes
2 tsp. salt
1 pt. cottage cheese
1 1/4 c. chopped green onions
1 c. sour cream
1 crushed garlic clove or 1/4 tsp. garlic powder

(Cont.)

Top with 1/2 cup shredded American or Cheddar cheese.

Mix and top with cheese. Bake casserole at 350° for 30-40 minutes.

BEAN CASSEROLE

Evelyn Stalcup

1 can butter beans (drained)
1 can lima beans (drained)
1 can kidney beans (drained)
1 can pork and beans
1/2 lb. bacon (dice and fry; drain well)

Brown:

2 onions
3/4 c. vinegar
1 clove garlic
1 tsp. dry mustard

Simmer 20 minutes. Add to beans and bake 1 hour at 350° F. (May add brown sugar if you like.)

RICE AND BROCCOLI

Jo Hedge

1 1/3 c. rice
1 small jar Cheez Whiz
1 can mushroom soup
1 pkg. chopped broccoli
1/2 c. celery
1/2 c. onion
1 stick oleo

Cook rice 20 minutes. Chop celery and onion. Mix all ingredients and bake in well buttered dish for 30 minutes.

CRUSTY CORN CASSEROLE

Suzanne Stevens

1 1/4 c. fine cracker crumbs
1/2 c. margarine or butter (melted)
1/4 c. finely chopped green pepper
1 Tbsp. finely chopped onion
2 Tbsp. butter
2 Tbsp. flour
1 c. milk
1 (2 1/2 c.) can whole kernel corn
1/2 tsp. salt
1 tsp. sugar
2 eggs (slightly beaten)

Blend cracker crumbs and 1/2 cup melted butter and press evenly on bottom and sides of deep 9-inch pie plate, reserving 1/4 cup crumbs for top. Cook green pepper and onion in 2 tablespoons butter until brown. Blend in flour and cook until bubbly; add milk and cook, stirring constantly, until thick. Add corn, salt, sugar and eggs. Mix well and pour into crust. Top with remaining crumbs and bake at 400° for 25 minutes or until firm.

ZUCCHINI LASAGNE

Ruth Stotler

4 large zucchini
2 Tbsp. olive oil
2 cloves garlic
1/2 c. onion
1/2 lb. ground beef
1 lb. tomatoes
18 oz. can tomato paste
3/4 c. dry red wine
1 1/2 tsp. oregano
1/4 tsp. thyme
1/2 tsp. basil
1 1/4 tsp. salt
pepper
8 oz. Mozzarella cheese (grated)
8 oz. Ricotta cheese
1/2 c. grated Cheddar cheese

Brown meat, onion and garlic in oil. Add tomatoes, tomato paste, wine and spices; simmer for 1 1/2 hours. Slice zucchini lengthwise 1/4-inch thick. Boil in water to cover until just tender, about 10 minutes.

First layer: zucchini, Mozzarella, Ricotta and meat sauce. Repeat and top with grated cheese. Use 9 x 13-inch casserole. Bake 45 minutes to 1 hour at 350°. May be fixed ahead and refrigerated but add 30 minutes to cooking time.

SAVORY RICE

Suzanne Stevens

3 Tbsp. butter
1 small onion (chopped)
1 c. rice (not instant)
3 beef bouillon cubes
3 c. water
1/2 tsp. summer savory

Brown rice and onion in butter in deep saucepan. Add water and bouillon cubes and savory. Simmer about 45 minutes or until all water is absorbed.

GREEN BEANS WITH ALMOND CASSEROLE

Donna Evans

Mix casserole of:

cooked green beans
1 can cream of mushroom soup
small can mushrooms

Add 2 cans of fried onions on top. Bake in the oven with moderate heat (300° - 350°) until hot.

GREEN RICE

Donna Evans

3 c. cooked rice
1 (10 oz.) pkg. broccoli (chopped)
1 c. grated Cheddar cheese
1 c. chicken soup
1/2 c. milk
2 Tbsp. minced onion and butter

(Cont.)

Saute' onion until soft. Add cream of chicken soup, milk and cheese. Cook broccoli and drain.

Mix all ingredients and bake 30-40 minutes at 350°.

* * * * * * * *

Write your extra recipes here:

BREAD · ROLLS
PIES · PASTRY
KITTY

BREAD, ROLLS, PIES AND PASTRY

* Place a folded, damp towel under the bowl and it won't slip and slide while mixing.

* When fresh fruit is handy, but you don't have time to bake, just mix the filling as you normally would for pie. Line a pie pan with several layers of foil and place the filling in the pan. Wrap and freeze. When you're ready with a pie crust the filling can be placed in the crust and baked. After filling is frozen solid it can be taken out of the pan so you will be able to use the pan and the fillings will stack neater in the freezer.

* Add ½ teaspoon of sugar to the yeast when stirring it into the water to dissolve. If it foams and bubbles in ten minutes you know the yeast is alive and active.

* Dough can rise with no problem even in a cold kitchen if the bowl is placed on a heating pad set on medium.

* If the oven is turned off just when the meringue is brown, and the door is left slightly open, the pie cools slowly and prevents the meringue from splitting.

* Your bread will be crusty if top and sides are brushed with an egg white that has been beaten with one tablespoon of water.

* A super-fast 'company' pie can be made by using a prepared crust. Add one box of instant pudding mix to prepared whipped topping. Mix well and fill crust. Reserve enough whipped topping to cover pie. Any flavor pudding mix can be used.

* Try substituting ground nuts in a one crust pie. Press pie shell just like you would with a graham cracker crust.

* Use water that has been used to boil potatoes to make bread dough moister.

* If a dull-finish aluminum loaf pan is used it will brown the sides of the bread better.

* Brushing frozen pies with melted butter before baking can eliminate dryness.

* Let baked bread cool on a wire rack so the bottom won't be soggy.

* Dough won't stick to your hands if it is kneaded inside a large plastic bag.

* Using lard instead of shortening will yield a much flakier crust.

* To get a dull finish on a new pan it can be baked empty in a 350 degree oven.

* If the television is in use, it makes a nice warm spot for dough to rise.

BANANA BREAD (THE BEST)

Pam Johnson

Makes 2 loaves.

1 c. oil
1 tsp. salt
2 c. sugar
4 eggs
4 c. flour
2 tsp. soda
6 bananas (mashed)

Mash bananas. Add sugar, oil and eggs. Beat. Add rest of ingredients and mix well. Bake 1 1/4 hours at 350°.

MOIST AND YUMMY BANANA BREAD

Marilyn Godey

1 1/2 c. sugar
1/2 c. oil
2 eggs
3 large bananas (or more)
1 tsp. vanilla
2 c. flour
1 tsp. soda
1/2 tsp. salt
chopped nuts (as desired)

Mix all ingredients in order given. Bake at 350° for 50-60 minutes. Makes 2 small loaves.

BANANA WHEAT QUICK BREAD

Sharon Fullenkamp

2 c. flour
3/4 c. wheat flour
1 1/2 c. sugar
1 1/2 tsp. soda
1 1/2 tsp. salt
4 c. (4 large) thinly sliced bananas
3 Tbsp. orange or lemon juice
2 eggs
1/2 c. raisins (optional)
1/2 c. chopped nuts (optional)

Blend all ingredients for 3 minutes. Fold in raisins and nuts if desired. Pour into greased Bundt or tube pan. Bake 55-65 minutes at 350°.

RUM BUNS

Jo Hedge

1/4 c. butter
3 1/2 tsp. rum extract
1/2 c. sugar
1 1/2 tsp. salt
1 c. scalded milk
1 pkg. dry yeast
1 beaten egg
3 1/2 c. flour
2 Tbsp. melted butter
1/4 c. chopped raisins

(Cont.)

1 c. powdered sugar
2 Tbsp. hot water

Combine butter (1/4 cup), regular sugar and salt. Add milk; mix well. Let stand until lukewarm. Sprinkle yeast over milk. Stir until yeast dissolves. Add egg and 1 1/2 teaspoons rum. Add 1/2 the flour and beat until smooth. Add remaining flour and beat. Cover; let rise until double. Punch down and divide in half. Roll each into 12 x 4 x 1/2-inch rectangle. Brush each with 1 tablespoon melted butter; sprinkle with 2 tablespoons sugar and 2 tablespoons raisins. Roll as for jelly roll and each is 15 inches long. Cut into 18 slices. Place cut side down in well-greased muffin pans; cover. Let rise in warm place for 1 hour. Bake at 400° for 15 minutes.

Combine powdered sugar, hot water and 1 teaspoon rum. Spread over warm buns.

CHEESE-FILLED BREAD

Betty Howe

Filling:

3/4 lb. Muenster cheese, grated
1/2 lb. Swiss cheese, grated
1/4 lb. Mozzarella cheese, grated
2 eggs, lightly beaten
1/2 c. fresh mint leaves or 1 Tbsp. dried mint
freshly ground pepper (white)

Dough:

1/2 c. warm water (105° - 115° F.)
1 envelope active dry yeast
1 Tbsp. sugar
6 Tbsp. (3/4 stick) butter
1 c. warm milk (110° - 115° F.)
1 Tbsp. sugar
1 tsp. salt
3 3/4 - 4 c. all-purpose flour
1 egg yolk

For filling: Combine all ingredients and set aside.

For dough: Combine water, yeast and 1 tablespoon sugar and let stand until foamy and proofed, about 10 minutes.

Meanwhile, melt butter in small saucepan over very low heat. Remove from heat and blend in milk, sugar and salt.

Place 3/4 cup flour in large mixing bowl and make well in center. Pour yeast and milk mixture into center and stir until dough forms. Knead until dough is smooth and pliable but not stiff, about 5 minutes. Roll dough into circle 22-24 inches in diameter.

Preheat oven to 375°. Butter 9 x 1 1/2-inch round cake pan. Line pan with dough, letting excess hang evenly all around edge. Spoon filling into dough. Fold dough evenly into pleats around pan and then over filling, with edges of pleats meeting at center top; twist to form knob.

Bake until light golden brown, about 45 minutes. Brush top with lightly beaten egg yolk and return to oven until bread is golden brown, about 15 minutes. Remove bread from pan immediately and let cool several minutes on rack before slicing into wedges.

PUMPKIN BREAD

Kathy Corbin

Mix together (large bowl):

1 c. softened butter
1 1/2 c. sugar
4 eggs
1 (16 oz.) can pumpkin

Blend in:

3 c. flour
1 tsp. salt
2 tsp. baking soda
1 tsp. cinnamon
optional: pecans or walnuts

Divide dough in half and put in loaf pans. Bake at 375° for 60-75 minutes. Cool and remove from pans.

ONION STICKS

Paula Axelrod

1/2 c. Lipton onion butter*
12 slices white bread

Preheat oven to 375° F. Trim crust from bread and spread onion butter on bread slices. Cut each slice into 5 strips. Place strips on ungreased baking sheet. Bake 10 minutes or until golden. Makes about 5 dozen.

*Lipton Onion Butter: Blend:

1 envelope Lipton onion soup
1/2 lb. butter or margarine

Mix well. Makes 1 1/4 cups. Refrigerate remainder.

WHEAT GERM MUFFINS

Jan Thorpe

Serves 12 muffins.

1 c. white flour
1 c. whole wheat flour
3 tsp. baking powder
1/2 tsp. salt
2 Tbsp. honey
1 c. milk
1/3 c. vegetable oil
1 egg
1/2 c. wheat germ

(Cont.)

Mix dry ingredients (except wheat germ) together. Mix moist ingredients together and stir into dry ingredients. Add wheat germ last.

Bake in greased tins at 350° for 20 minutes.

BEER BREAD

Ann Fodrey

3 c. self-rising flour
3 Tbsp. sugar
1 can beer

Mix together; put in greased loaf pan. Bake at 350° for 50 minutes.

Put 1/2 stick of butter (sliced lengthwise) on top and bake for 15 minutes.

LEMON BREAD

Carol Moore

1 pkg. lemon cake mix
1 box instant lemon pudding
1/2 c. salad oil
1 c. water
4 eggs, well beaten
1/8 c. poppy seed

Put cake mix and pudding into mixing bowl. Add salad oil and water; beat well. Add beaten eggs and poppy seeds. Bake in 2 loaf pans for 40 minutes at 350°. Freeze first before using.

PARIS PUFFINS

Suzanne Paterson

1/3 c. soft shortening
1/2 c. sugar
1 egg
1 1/2 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. nutmeg
1/2 c. milk
1/3 c. butter, melted
1/2 c. sugar
1 tsp. cinnamon

Heat oven to 350°. Grease muffin tins. Mix thoroughly shortening, sugar and egg. Blend flour, baking powder, salt and nutmeg; add alternately with milk. Fill muffin tins 2/3 full. Bake 20-25 minutes. Immediately roll in melted butter, then add mixture of sugar and cinnamon. Serve hot.

SPOON BREAD

Francine Garrity

2 c. sour cream
1 large egg
1/2 c. melted margarine
2 (8 oz.) pkgs. corn bread mix
1 (1 lb.) can chunk peaches in heavy syrup, drained or 1 (1 lb.) can cream style corn

Grease 2-quart casserole. Heat oven to 400°. Put sour cream in large bowl; beat in egg; stir in butter. Add corn bread mix and peaches, mix lightly until just blended. Put into casserole and place in oven. Reduce heat to 350°. Bake for 65-70 minutes until golden brown and puffed.

Serve hot from casserole with spoon. If you like, spread some butter on the spoon bread.

Serves 8-10.

CRESCENT ROLLS

Barbara Ruane

2 pkgs. dry yeast
1/4 c. warm water
3/4 c. milk, scalded
1/2 c. sugar
1/2 c. butter or margarine
1 1/4 tsp. salt
3 eggs, beaten
4 1/2 c. flour

Soften yeast in water for 5 minutes. Scald milk; add sugar, butter and salt; stir to blend. Beat eggs with mixer. Add yeast and then cooled milk mixture. Add flour gradually. Beat well. Dough will be too soft to knead.

Place dough in lightly greased bowl. Cover and let rise in a warm place until double in bulk, about 2 hours.

When light, divide into thirds. Roll each into round shape, as you would for pie. Brush with melted butter. Then cut into 12 pie-shaped pieces. Roll from outer edge toward center. Let rise until double. Bake at 400° for 8-10 minutes.

HUSH PUPPIES

Suzanne Stevens

2 c. cornmeal
1 c. flour
1 tsp. baking powder
1/2 tsp. soda
1/2 tsp. sugar
1 tsp. salt
1/2 c. minced onion
1/2 c. buttermilk
1/2 c. melted butter
3/4 c. water
1 egg

Mix all dry ingredients and add buttermilk, water and onion. Mix well. Add butter and egg. Blend. Drop by teaspoon into hot fat. Great with fish!

NO-ROLL PIE CRUST

Jacque Thompson

1 1/2 c. flour
1 tsp. salt
2 Tbsp. cold milk
1 1/2 tsp. sugar
1/2 c. oil

(Cont.)

Sift flour and salt into 9-inch pie pan. Whip together oil and milk with fork. Pour at once over flour mixture. Mix with fork until flour is completely dampened. Press with fingers to line bottom of pan. Then press dough up to line sides and partly cover rim. Be sure dough is pressed to uniform thickness. Prick with fork. Bake 12-15 minutes at 425°.

BLUSHING PEACH PIE

Mary Longren

Line a 9-inch pie pan with pastry. Crumble together and put on 1/2 of the following mixture:

1 c. flour
1/4 c. butter
1/4 tsp. nutmeg

Put 2 cups sliced fresh peaches and 1/4 cup water on. Put on other 1/2 of crumbly mixture. Bake at 400° for 40-45 minutes.

MILE HIGH STRAWBERRY PIE

Jacque Thompson

1 pkg. frozen strawberries or raspberries
1 c. sugar
1/2 pt. cream (whipped)
3 egg whites
1 Tbsp. lemon juice

Beat egg whites fluffy. Add strawberries, sugar and lemon juice. Beat 15 minutes - no less. Fold in whipped cream. Pour into baked crust. Freeze.

CRACKER PIE

Margy Cords

Beat 3 egg whites until foamy, then add 1/4 teaspoon cream of tartar. Beat stiff. Gradually add 3/4 cup sugar and beat until dissolved. Fold in:

16 crushed soda crackers
1 c. chopped nuts
1 tsp. vanilla

Pour into pie plate and build up edge along sides. Bake in greased pie plate 30-40 minutes at 325°. Let cool completely and add 1/2 teaspoon almond flavoring to 1/2 cup sweetened whipped cream. Top with chocolate shavings.

SIMPLE HOMEMADE BREAD

Mary Longren

3 c. warm water
2 pkgs. yeast
1 1/2 Tbsp. salt
2/3 c. sugar
2/3 c. oil
3/4 c. instant potato flakes

7-8 c. white flour
2 eggs

Stir all in a bowl. Knead and let rise until double. Make into loaves; let rise again. Bake at 375° for 40-45 minutes. This also makes a delicious dough for sweet rolls.

CINNAMON LOAF

Lynette Ryder

1 c. sugar
1/2 c. shortening
2 eggs
1 tsp. vanilla
1 1/2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1/4 c. sugar
1 c. sour cream
1/4 c. milk
2 c. flour
2 tsp. ground cinnamon
1 1/2 tsp. finely shredded orange peel

Cream together the 1 cup sugar and the shortening until light and fluffy. Add eggs and vanilla; beat well. Blend in sour cream and milk. Stir together flour, baking powder, soda and salt; add to creamed mixture. Mix well. Spread 1/4 of the batter into each of the greased 7 x 3 x 2-inch baking pans (or 1/2 batter into 1 (9 x 5 x 3-inch) pan.)

Combine the remaining sugar, the cinnamon and orange peel. Sprinkle all but 1 tablespoon over the batter. Top with remaining batter. Cut through batter gently with knife to make swirling effect with cinnamon. Top with remaining sugar mixture.

Bake at 350° for 35-45 minutes for 2 loaves. Bake at 350° for 45-50 minutes for 1 loaf.

POPPY SEED BREAD

Jacque Thompson

3 c. flour
1 1/2 tsp. salt
1 1/2 tsp. baking powder
3 eggs
1 1/2 c. milk
1 c. plus 2 Tbsp. oil
2 1/2 c. sugar
1 1/2 tsp. poppy seeds
1 1/2 tsp. vanilla flavoring
1 1/2 tsp. almond flavoring
1 1/2 tsp. butter flavoring

Mix and pour in 2 loaf pans. Bake at 350° for 60 minutes. Cool 5 minutes. Frost in pan.

Frosting:

1 tsp. vanilla flavoring
1 tsp. almond flavoring
1 tsp. butter flavoring
1/2 c. orange juice
3/4 c. powdered sugar

HERSHEY BAR PIE

Dana Massey
(Mrs. Grady W.)

10 small Hershey bars with almonds
1/2 c. brandy
1/2 c. water
1 c. heavy cream, whipped
9-inch graham cracker crust, baked and cooled

In the top of a double boiler melt the chocolate in the brandy and water. Remove from fire and let cool. Fold in the whipped cream and then pour into the graham cracker crust. Chill for several hours. Top with sweetened whipped cream and shaved chocolate. (Can also be made in 6-8 tart-size crusts.)

POPPY SEED LOAF DELIGHT

Ann Fodrey

3 c. flour
1 1/2 tsp. salt
1 1/2 tsp. baking powder
3 eggs
1 1/8 c. cooking oil
2 1/4 c. sugar
1 1/2 tsp. vanilla
1 1/2 tsp. almond flavor
1 1/2 tsp. butter flavor
1 1/2 Tbsp. poppy seeds
1 1/2 c. milk

Mix all ingredients 1 or 2 minutes with electric mixer. Pour in 2 large (4 small) lightly greased loaf pans. Bake 1 hour at 350°, until toothpick comes out clean. Top will crack.

Glaze:

1/4 c. orange juice
3/4 c. sugar
1/2 tsp. almond
1/2 tsp. vanilla
1/2 tsp. butter

Heat to dissolve sugar. Pour over warm cake. Remove from pans when cool.

CHOCOLATE ANGEL PIE

Mary Longren

Meringue Crust:

3 egg whites
1/8 tsp. salt
1/4 tsp. cream of tartar
1/2 tsp. vanilla
3/4 c. sugar
1/3 c. chopped nuts (pecans, almonds or walnuts)

Combine egg whites, salt, cream of tartar and vanilla. Beat stiff. Add sugar gradually, beating until stiff and sugar is dissolved. Spread in well-greased 9-inch pie pan. Build up sides. Sprinkle

bottom with nuts. Bake at 275° for 1 hour. Cool; fill with chocolate filling.

Filling: Melt 3/4 cup semi-sweet chocolate pieces in top of double boiler over boiling water. Add:

1/4 c. hot water
1 tsp. vanilla
1/8 tsp. salt

Stir until completely smooth. Cool. Fold in 1 cup heavy cream, whipped. Fill shell. Chill 4 hours or overnight. Serve topped with whipped cream.

STREUSEL CREAM APPLE PIE

Diane Pelesh

Fill pie crust with 3 cups finely sliced apples and sprinkle with 1/2 teaspoon cinnamon.

Cream Cheese Filling:

2/3 c. sugar
2 Tbsp. soft butter
1 1/2 tsp. vanilla
2 eggs
1/8 tsp. salt
3 oz. cream cheese

Cream sugar, butter and eggs for 2 minutes. Add remaining ingredients and blend. Spoon filling over apples and sprinkle with streusel crumbs.

Streusel Crumbs:

1/3 c. brown sugar
1/4 c. flour
2 Tbsp. soft butter
1/4 c. chopped nuts

Mix together. Bake at 375° for 45 minutes. Lower temperature to 350° for 15 minutes or until pie is golden brown.

ICE CREAM PIE

Evelyn Stalcup

1 pt. coffee ice cream
1 pt. chocolate almond ice cream
fudge topping
1 (9-inch) chocolate cookie crumb crust

Soften coffee ice cream and spread in bottom of crust. Use fudge topping as a filling. Then top with softened chocolate almond ice cream. Freeze; serve frozen and top with whipped cream; garnish with toasted almonds.

EASY CHEESECAKE

Evelyn Stalcup

2 (8 oz.) pkgs. cream cheese
1 tsp. vanilla
2 egg yolks
1 c. sugar
1 c. unsalted butter

Beat with mixer and spread over graham cracker crust. Chill overnight or freeze. Top with fruit before serving.

PECAN PIE

Donna Evans

1 c. brown sugar
1/2 c. Karo syrup (light)
2-3 eggs
2 Tbsp. flour
1/2 c. chopped pecans
3 Tbsp. melted butter
1/2 c. milk
1/4 tsp. salt
1/2 tsp. vanilla

Beat eggs slightly, adding syrup and milk. Mix together dry ingredients and add slowly together with pecans and vanilla. Pour into unbaked pie shell and cook at 375° for 40-45 minutes.

EASY SWEET ROLLS

Suzy Soper

1 pkg. frozen roll dough balls
1/2 c. butter or margarine
1/2 tsp. butter flavoring (optional)
2 pkgs. regular butterscotch pudding mix (must not use instant)
1 tsp. burnt sugar flavoring (optional)
1 c. brown sugar
4 Tbsp. milk
cinnamon (to taste)
nuts (to taste)

Place frozen roll dough balls in a well-greased 9 x 13-inch pan. Combine ingredients remaining in saucepan. Melt over low heat, stirring until well blended; cool. Pour mixture over rolls. Cover with Saran Wrap and put in cold oven for 8 hours or overnight, until they double their bulk. Bake at 350° for 20-30 minutes. Remove from oven and immediately turn out onto large platter or cookie sheet.

Makes 24 rolls.

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CAKES ICINGS ♡ COOKIES

CAKES, ICINGS AND COOKIES

* Adding a pinch of baking powder to powdered sugar icing wil help it stay moist and not crack.

* Your frosting will look more professional if you first frost with a thin layer and let it set. Then apply a second coat of frosting.

* An easy way to form drop cookies is to drop them onto the cookie sheet and then press them with the bottom of a water glass that has been dipped in sugar.

* To preserve the creamy texture of frozen cheesecake, thaw in refrigerator for 12 hours.

* Dipping the cookie cutter in slightly warm salad oil will give you a much cleaner cut.

* A quick frosting can be made by adding a bit of chocolate syrup to prepared whipped topping.

* If powdered sugar is sprinkled on top of each layer before filling or frosting, this will keep the filling from soaking through the cake.

* Spaghetti is great with cake! While waiting for icing to set, a few sticks of dry spaghetti will hold the layers in place. Also, a piece of raw spaghetti works well to light birthday candles.

* To cut down on cholesterol, substitute two egg whites stiffly beaten for each whole egg called for.

* Icings won't become grainy if a pinch of salt is added to the sugar.

* Use cocoa to dust baking tins so cookies and cakes won't have a floury look.

* Trace the bottom of the baking pan onto wax paper and cut it out. Now this can be placed in the bottom of the pan and the sides greased and floured like normal. When the cake is done it can be inverted and the paper taken off while still warm with no sticking.

* For a thinner, crispier rolled cookie try rolling the dough directly onto a greased and floured cookie sheet. Cut the cookies out then pick up the scrap dough.

* If eggs are beaten and added slowly to batter it won't make the batter too stiff.

* Cookies will stay moist in the jar if a slice of bread is placed in the jar.

* Two tablespoons of salad oil added to cake mix keeps the mix moist, less crumbly.

* Adding a pinch of salt to chocolate dishes will enhance the flavor.

MANDARIN ORANGE CAKE AND TOPPING — Evelyn Stalcup

2 c. sugar
2 c. flour
2 tsp. baking soda
2 cans Mandarin oranges (drained)
1 tsp. salt
2 eggs
2 tsp. vanilla
1 c. nuts

Do not add juice. Put all ingredients in bowl and mix together with mixer until blended. Pour into greased pan, 13 x 9 inches. Bake at 350° F. for 30 minutes.

Topping:

3/4 c. brown sugar
3 Tbsp. butter
3 Tbsp. milk

Cook to a full boil; set aside until cake is done. Pour slowly over hot cake.

ALMOND LOAF GRIDDLE CAKE AND TOPPING — Mary Longren

1 1/3 c. biscuit mix
3/4 c. sugar
3 Tbsp. soft butter
1 egg
1/4 c. milk

Beat 1 minute with mixer and add:

1/2 c. milk
1/2 tsp. almond flavoring

Beat 1/2 minute. Put in greased and floured 8 x 8 x 2-inch pan. Bake at 350° for 35-40 minutes.

Topping: Boil:

1/2 c. brown sugar
2 Tbsp. flour
4 Tbsp. butter
1 Tbsp. milk

When cake is done, put the topping on the cake along with 1/3 cup slivered almonds. Put pan back in oven at 450° for 5 minutes.

CREAM DE MENTHE DESSERT CAKE

Jacque Thompson

1 pkg. deluxe white cake mix
1/2 c. cream de menthe
1 can fudge topping
1 (9 oz.) carton Cool Whip
green food coloring
additional cream de menthe

Follow directions for cake mix; add 1/2 cup cream de menthe. Cool. Spread with fudge topping. Add few drops green food coloring and 1 tablespoon cream de menthe to Cool Whip. Spread over fudge topping. Freeze or refrigerate. When serving may top with maraschino cherries.

COCONUT CAKE

Jacque Thompson

1 yellow cake mix
1 can Eagle Brand milk
1 can cream of coconut
large size Cool Whip
coconut

Bake cake mix in a 9 x 13-inch pan; remove from oven and poke holes in cake. While warm pour Eagle Brand milk over cake, then cream of coconut. Let cool. Then spread on whipped topping and sprinkle with as much coconut as desired. Keep refrigerated.

CARROT CAKE AND FROSTING

Nancy Orlando

2 c. flour
2 c. sugar
2 tsp. baking soda
1 tsp. salt
2 tsp. cinnamon
1/2 tsp. cardamom (optional)
4 eggs
1 c. oil (Wesson)
4 c. grated carrots (8 medium carrots)
1/2 c. chopped pecans or walnuts

Mix dry ingredients together. Set aside. Beat eggs slightly. Add oil. Add dry ingredients; beat until smooth.

Mix in carrots and nuts. Pour into 3 (8-inch) round pans or 2 (9-inch) round pans or 1 (9 x 13-inch) oblong pan. Bake in 350° oven 25-30 minutes for round pans; 35-40 minutes for oblong pan. Cake should be set in center. Let age overnight for best flavor.

Frosting:

4 Tbsp. butter
6 oz. cream cheese
1 tsp. vanilla
4 1/3 c. powdered sugar (1 lb. box)
1 tsp. maple flavoring

Cream together and spread on cooled cake.

PIG PICKIN' AND TOPPING

Jacque Thompson

1 yellow cake mix
2/3 c. oil
4 eggs
1 can Mandarin oranges, including juice

Mix and bake in 3 layers at 350° for 20-30 minutes.

Topping:

1 large carton Cool Whip
1 large can crushed pineapple, undrained
1 pkg. instant vanilla pudding

Mix and frost cake. Put 1 cup chopped nuts on top of cake. Chill.

CRAZY CHOCOLATE CAKE AND FROSTING

Barbara Bury

1 1/2 c. flour
1 c. sugar
1/2 tsp. salt
1 tsp. soda
5 Tbsp. oil
1 tsp. white vinegar
1 tsp. vanilla
1 c. water

Preheat oven to 350°. Sift first 5 ingredients into 8-inch square pan and mix well. Make 3 holes in mixture and pour oil, vinegar and vanilla into holes. Add water and mix very well. Bake 30 minutes.

Frosting:

2 c. powdered sugar
1/4 c. (1/2 stick) soft butter
3 Tbsp. cocoa
3 Tbsp. hot water
1/2 tsp. vanilla or strong coffee

Combine ingredients in small bowl. Stir until smooth. Spread over cooled cake.

SUSAN'S BLUEBERRY BARS WITH LEMON FROSTING

Mary Longren

Cream:

1 3/4 c. sugar
1 c. butter
4 eggs
1 tsp. vanilla

Add and mix well:

(Cont.)

3 c. flour
1 1/2 tsp. baking powder
1/2 tsp. salt

Spread 1/2 of batter in jelly roll pan, then spread 1 can blueberry pie filling* plus 1/2 teaspoon nutmeg over the batter. Then spread the other 1/2 of batter over the filling.

Bake at 350° for 30-45 minutes.

Lemon Frosting:

1 1/4 c. sifted powdered sugar
1 Tbsp. butter, melted
2 Tbsp. lemon juice

*Apricot, apple, French apple, or cherry with cinnamon can be substituted for blueberry.

APPLE GLAZE CAKE AND TOPPING

Diane Pelesh

3 c. flour
1 tsp. cinnamon
1 tsp. baking soda
1/4 tsp. salt
3 eggs
1 1/2 c. vegetable oil
1 c. white sugar
1 c. brown sugar
2 tsp. vanilla
1 c. chopped walnuts
3 c. prickly pared apples

Topping:

1 c. brown sugar
1/4 c. milk
1 stick butter or margarine

Sift flour, soda, cinnamon and salt in a large bowl; beat eggs, oil and sugar at high speed for 3 minutes. Slowly add dry ingredients, then stir in vanilla. Batter will be stiff. Fold in apples and nuts. Turn into greased and floured 10-inch tube pan and bake in preheated 350° oven for 1 1/4 hours. Just before removing cake from oven, boil together the topping ingredients for 3 minutes. When cake is removed, pour hot topping over hot cake and let cool in pan.

Serves 12.

COCONUT PEANUT BUTTER BARS

Jan Thorpe

1 c. sifted flour
1 tsp. baking powder
1/4 tsp. salt
1/3 c. margarine
1/2 c. peanut butter
1 c. sugar
2 eggs, beaten
1 tsp. vanilla
1 c. flaked coconut

Sift flour, baking powder and salt together. Cream margarine, peanut butter and sugar. Stir in eggs and vanilla; mix well. Add flour mixture and coconut. Spread evenly in greased 7 x 11 x 1 1/2-inch pan.

Bake at 350° for 25-30 minutes or until top springs back when lightly touched, or bake in greased 8 x 8-inch square pan for 30-35 minutes.

Cut into bars and roll in confectioners sugar while warm, if desired. Makes 16 bars.

ANGEL COOKIES

Paula Axelrod

Family: (4 1/2 dozen)

1/2 c. butter
1/2 c. lard
1/2 c. sugar
1/2 c. brown sugar
1 egg
1 tsp. vanilla
2 1/4 c. flour
1 tsp. baking soda
1 tsp. cream of tartar
1 tsp. salt
1/2 c. fine chopped nuts

Double:

1 c. butter
1 c. lard
1 c. sugar
1 c. brown sugar
2 eggs
2 tsp. vanilla
4 1/2 c. flour
2 tsp. baking soda
2 tsp. cream of tartar
2 tsp. salt
1 c. fine chopped nuts

Cream butter, lard and sugars. Add eggs and mix well. Add vanilla. Sift dry ingredients and add to mixture. Stir in nuts. Chill dough.

Shape into balls and dip tops in sugar. Arrange on ungreased baking sheets.

Sprinkle several drops of water on each ball of dough. Bake at 350° for 12 minutes.

POTATO CHIP COOKIES

Sharon Fullenkamp

1 lb. margarine
1 1/4 c. sugar
1 Tbsp. vanilla
3 1/3 c. flour
2 c. crushed potato chips
8 oz. pkg. chocolate chips

Mix well and drop by teaspoonful onto ungreased cookie sheet. Bake for 15 minutes at 350°. Yield: 8 or 9 dozen.

CHOCO-CROWNED ACORN COOKIES

Sue Malone

1 c. oleo
2/3 c. sugar
1 tsp. almond extract
2 1/2 c. flour
2 or 3 drops green food color
5 squares (1 oz. each) semi-sweet chocolate, melted

Cream oleo and sugar. Stir in egg yolks, then almond extract. Add flour until well blended. Add food coloring. Pinch off small balls of dough and shape into acorn shapes (wide at one end, pointed at the other). Place on greased cookie sheets and bake 10 minutes at 375°. Remove from pans and cool. Dip wide end in melted chocolate and place on waxed paper to set. Makes 50-60 cookies.

TENDER SUGAR COOKIES

Nancy Orlando

Cream:

1 c. butter
1 c. granulated sugar
1 c. powdered sugar
1 c. oil (Wesson)
2 eggs
1 tsp. vanilla

Sift:

1 tsp. cream of tartar
1 tsp. salt
1 tsp. baking soda
4 c. flour

Add sifted ingredients to creamed ingredients. Let cool in refrigerator about 2 hours, until completely chilled. Roll into 1-inch balls. Dip bottom of glass in sugar and press cookie down. Bake at 350° for about 10 minutes. Makes 10 dozen.

(At Christmas I add some colored sugar on top before baking.)

SWEDISH CHOCOLATE NUT COOKIES

Evelyn Stalcup

1 c. sugar
1 c. butter
2 1/2 c. flour
1 egg (beaten)
3 Tbsp. cocoa
1 tsp. vanilla
1 c. chopped nuts

Bake at 375° F. for about 12 minutes. Mix dough and divide into 8 equal parts. On floured surface roll each part into a rope the length of a cookie sheet. Press down dough with fingers. Bake for 6 minutes and then cut diagonally in 1-inch pieces. Return to oven and finish baking.

FRESH APPLE CAKE

Joan Gardner

3 c. diced apples
1 1/2 c. sugar
1 1/2 c. flour
1 1/2 tsp. baking soda
1 tsp. cinnamon
2/3 c. Wesson oil
2 eggs
1 1/2 tsp. vanilla

Sprinkle sugar over apples in large bowl. Add dry ingredients and mix well. Add all wet ingredients and mix well. Pour into greased square baking pan or Corning Ware dish. Bake at 375° for 40 minutes.

*Serve with whipped cream or sprinkle with confectioners sugar.

DREAM BARS

Vicki Steinbeiss

1/2 c. butter
1/4 tsp. salt
1/2 c. brown sugar
1 c. sifted flour
1 1/2 c. sugar
1 c. chopped nuts
1 tsp. vanilla
2 eggs, well beaten
2 Tbsp. flour
1 tsp. baking powder
dash salt
1 1/2 c. shredded coconut

Mix butter, salt, brown sugar and flour well and put into ungreased 9 x 12-inch pan. Bake 10-15 minutes in 350° oven until slightly brown.

Blend remaining ingredients and spread over the first layer. Return to oven and bake 20-25 minutes. Cool slightly and cut into bars.

BROWNIES SUPREME

Carolyn Crossland

2 c. sugar
2 sticks butter
1 (6 oz.) pkg. chocolate chips
5 Tbsp. cocoa
1 1/2 c. flour (self-rising)
4 eggs
2 tsp. vanilla
1/2 - 1 c. nuts

Place butter, chocolate chips and cocoa in saucepan. Melt over low heat. In mixing bowl, add sugar, eggs and vanilla. Beat 2 minutes. Add melted chocolate and blend. Stir in flour just until well blended. Pour into greased square pan. Sprinkle nuts over batter (nuts may also be mixed into batter, if preferred). Bake at 350° for approximately 35 minutes.

SWEDISH PEPPARKAKER

Carol Phillips

1/2 lb. butter
2 c. brown sugar
2 eggs
4 c. flour
1 tsp. soda
1/4 tsp. cream of tartar
1 tsp. cinnamon
1 tsp. ginger
1/2 tsp. cloves
1 tsp. cardamom
1/4 tsp. allspice

Mix in order given and roll out thin. Cut in desired shape. Bake in 375° oven for 8 minutes. They are crisp, spicy cookies. Makes 6 dozen.

APPLE-OATMEAL COOKIES

Clairen Jostad

1 c. finely diced apple
1/4 c. raisins (optional)
1/4 c. pecans (optional)
1/2 c. sugar
2 Tbsp. water

Cook and stir until thick and apple is tender.

Dough:

1 c. margarine
1 c. brown sugar

Cream until fluffy. Beat in 2 eggs.

2 c. flour
2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. cloves
1/2 c. milk
2 c. quick-cooking rolled oats

Mix. Drop by teaspoon; make depression, top with apple filling and dab with cookie dough on top. Put on greased cookie sheet for 10-12 minutes in oven at 375°.

NUT GOODIE BARS

Connie Rasmussen

1 (12 oz.) pkg. chocolate chips
1 (12 oz.) pkg. butterscotch chips
1 (16 oz.) jar peanut butter

Melt and put 1/2 on bottom of greased jelly roll pan; harden in refrigerator.

Add a 16-ounce jar of dry roasted peanuts to the rest of the mixture and set aside for third layer.

1/2 c. milk
1/4 c. vanilla pudding
1 c. butter
1 tsp. maple flavoring

Heat and bring to boil. Boil for 1 minute. Add 2 pounds powdered sugar. Spread over first layer. Set. Spread third layer on. Set. (May be frozen.)

SURPRISE COOKIES

Elizabeth Graham

1 c. margarine or butter
3/4 c. sifted confectioners sugar
2 tsp. vanilla
2 1/2 c. flour
1/4 tsp. salt
cherries, dates or nuts

Cream butter and sugar. Blend in vanilla, flour and salt. Form into balls with hands, using about 1 tablespoon of dough per ball. Enclose a cherry, date or nut in each ball. Place on ungreased cookie sheet. Bake at 350° - 400° for about 10 minutes. Cookies should not brown. Ice or roll in confectioners sugar while still warm.

Yields 4 dozen cookies.

SUGAR COOKIES

Jane Hildebrand

2 c. sugar
1 c. shortening
2 eggs
1 tsp. baking soda
3 tsp. baking powder
1 tsp. vanilla
1 c. sour cream
4 c. flour
1/2 tsp. salt

Cream shortening; add sugar; beat well. Add eggs, 1 at a time, beating well after each one. Add vanilla. Combine flour, salt and baking powder.

Dissolve soda in sour cream alternating with the flour mixture and the sour cream mixture. Add to eggs, shortening and sugar mixture. Beat well. Refrigerate dough. Then roll and sprinkle with sugar or frost after baking. Use cut-outs and bake at 400° for 8 minutes.

CARROT COOKIES

Jan Thorpe

1/2 c. butter
1/2 c. shortening
1 c. brown sugar
1/2 c. granulated sugar
2 eggs
1 c. white flour
1 c. whole wheat flour
1/4 c. wheat germ
2 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
2 c. uncooked oatmeal
1 c. grated carrots

(Cont.)

Cream butter and shortening; add sugars gradually. Beat in eggs. Mix in mixed dry ingredients. Fold in oatmeal and carrots.

Drop rounded teaspoonfuls onto greased cookie sheets. Flatten slightly with bottom of glass dipped in granulated sugar.

Bake at 350° for 15-20 minutes. These cookies freeze well.

CHOCOLATE MINT COOKIES

Dana Massey

2 c. corn flakes, crushed fine
3 c. flour
1 tsp. soda
2 sticks butter, softened
1 c. sugar
1/2 c. brown sugar, firmly packed
2 eggs
1 tsp. vanilla
5 dozen (6 1/2 oz.) pkg. solid chocolate-mint candy wafers

In a bowl sift together the flour, soda and salt. Cream butter and sugars; add eggs and vanilla and beat well. Add sifted ingredients and corn flake crumbs to butter mixture and mix well. Shape about 1 tablespoon dough around each chocolate wafer. Place 2 inches apart on ungreased cookie sheets. Bake at 375° about 10 minutes. Makes 60 cookies.

CREAM CHEESE DAINTIES

Barbara Ruane

Cream together:

1/2 c. butter
3 oz. cream cheese

Add:

1/2 c. sugar
1/4 tsp. almond extract

Add:

1 c. sifted flour
2 tsp. baking powder
1/4 tsp. salt

Chill this mixture for 3-4 hours. Crush 1 cup Rice Krispies into fine crumbs. Shape dough into small balls. Roll in crushed crumbs and top each with 1/2 candied cherry. Bake at 350° for 12-15 minutes. Makes 3-4 dozen.

CHOCOLATE SNOWFLAKE COOKIES

Barbara Ruane

2 squares chocolate
1/4 c. salad oil
1 c. sugar
1 c. flour
1 tsp. baking powder
2 eggs
1 tsp. vanilla
1/4 tsp. salt

Melt chocolate in salad oil over hot water. Stir in sugar. Beat in eggs, 1 at a time. Add vanilla. Add flour, baking powder and salt mixture. Chill overnight. Roll small balls of dough (walnut size); then roll in powdered sugar. Place 2 inches apart on cookie sheet. Bake 10 minutes at 400°. Cookies flatten as they bake leaving patches of powdered sugar, like snowflakes. Makes 3-4 dozen.

SWEDISH SUGAR COOKIES

Mary Wilson

Bake at 350° for 10-12 minutes.

1 c. powdered sugar
1 c. sugar
1 c. margarine (not butter)
1 c. cooking oil
2 eggs
1 tsp. vanilla

Cream above ingredients well, then add:

4 c. flour
1 tsp. cream of tartar
1 tsp. soda
1/4 tsp. salt

Chill dough at least 1 hour. Form into small balls. Flatten with cookie press or bottom of glass dipped in sugar. Bake until lightly golden brown.

(Dough will be sticky before chilling. Keep any unused dough in refrigerator. Can be stored for several days.)

MIRACLE WHIP CAKE

Marilyn Godby

1 1/3 c. sugar
2 c. flour
4 level Tbsp. cocoa
1/4 tsp. salt
2 tsp. soda

Sift all above ingredients together.
In second bowl:

1 c. Miracle Whip
1 tsp. vanilla
1 c. boiling water

Mix these 3 ingredients together; add dry ingredients. Mix by hand until batter is smooth. Bake at 350° for 25-30 minutes. This cake is extremely moist.

HOLIDAY LIZZIES

Margy Cords

1/2 c. sugar (white or brown)
1/3 c. butter or margarine
2 eggs (well beaten)
4 Tbsp. whiskey
1 1/2 tsp. soda
1 1/2 c. flour
1-2 c. pecan halves
1 lb. chopped dates
1/2 lb. candied pineapple (pieces)
1 lb. red-green candied cherries (cut in halves)
1 1/2 Tbsp. milk

Cream sugar and butter; add eggs. Flour fruit with 1/2 of flour. Add the rest of the flour to eggs. Add soda, milk, whiskey, fruit and nuts. Drop by teasponful on greased cookie sheet. Bake 8-10 minutes at 350°. Makes 8-10 dozen, depending on desired size.

APPLESAUCE DATE NUT CAKE

Nancy Orlando

1/2 c. butter
1 c. sugar
1 egg
2 c. sifted flour
2 tsp. baking soda
1/4 tsp. powdered cloves
1/2 tsp. cinnamon
1 c. dates, cut into small pieces
1 c. walnuts or pecans, chopped
1 1/2 c. canned applesauce
1 tsp. vanilla

Cream butter and sugar; add eggs. Mix well. Sift together dry ingredients. Combine dates and nuts and add to flour mixture. Add dry ingredients alternately with applesauce to egg mixture. Stir in vanilla. Pour into greased and floured 9 x 5-inch loaf pan. Bake in 350° oven about 1 - 1 1/4 hours until tester comes out clean.

BANANA SPLIT CAKE

Pam Johnson

Serves 12.

Crust:

2 c. graham cracker crumbs
1 stick margarine, melted

Combine and press into a 9 x 13-inch pan.

Filling:

1 (16 oz.) box powdered sugar
2 sticks margarine
2 eggs

Whip sugar, margarine and eggs together for 15 minutes. Spread whipped mixture over crust.

Topping:

1 (15 1/4 oz.) can crushed pineapple, drained
5 bananas, sliced
cherries
pecans
9 oz. carton Cool Whip

Spread pineapple over filling. Place bananas over pineapple. Spread Cool Whip over bananas. Garnish with cherries and pecans. Refrigerate at least 2 hours.

CRESCENT NUT CAKES

Diane Pelesh

Dough:

4 c. unsifted flour
1 lb. butter
1 tsp. salt
2 egg yolks
1 1/2 c. sour cream

Filling:

1 1/2 c. finely chopped nuts
1 1/2 c. sugar
2 tsp. cinnamon

Work butter into flour and salt. Add egg yolks and sour cream and mix well. Divide dough into 6 sections. Shape each into a ball; lightly coat with flour and wrap individually into waxed paper. Refrigerate dough for several hours or overnight. Roll out each ball of dough on a well floured board to form a circle. Sprinkle with 1/2 cup of filling which has been blended together. Cut each circle into 16 wedges. Roll up each wedge, starting with wide side. Place on ungreased baking sheet. Brush tops with egg white. Bake in pre-heated 350° oven for 25-30 minutes. Remove from pan immediately.

CHOCOLATE CHIP OATMEAL COOKIES

Carolyn Crossland

1 c. flour
1/2 tsp. soda
1/4 tsp. salt
1/2 tsp. vanilla
1 (6 oz.) pkg. chocolate chips
1/2 c. pecans
1/2 c. butter
1/2 c. white sugar
1/3 c. brown sugar, packed
1 egg
1 c. oatmeal
1/4 tsp. baking powder

Sift dry ingredients together; set aside. Cream butter and add sugars; add egg and beat until fluffy. Add flour mixture; blend.

Mix in rolled oats, vanilla, chocolate chips and nuts. Add all at 1 time.

(Cont.)

Chill at least 10 minutes. Drop by teaspoonfuls onto cookie sheet. Bake at 350° for approximately 10 minutes.

CHOCOLATE LAYER COOKIES — Sheila Merkel

Cookie Layer:

2 squares unsweetened chocolate
1 c. sugar
1/2 c. butter (do not substitute)
1/2 c. unsifted flour
2 eggs
1/2 c. chopped pecans

Melt chocolate and butter. Cool. Beat eggs and sugar until thick. Add nuts, flour and chocolate mixture. Stir until smooth. Pour batter into a greased and floured 9 x 9-inch pan. Bake at 350° for 25 minutes. Cool.

Mint Cream Filling:

1 1/2 c. powdered sugar
3 Tbsp. butter, softened
2 Tbsp. heavy cream
3/4 tsp. peppermint extract

Beat together until smooth. May add food coloring. Spread on cookie layer and chill for 1 hour until firm.

Chocolate Glaze:

1/2 pkg. sweet cooking chocolate (2 oz.)
2 Tbsp. butter
1 tsp. vanilla

Melt chocolate and butter. Stir in vanilla. Drizzle glaze over mint topping. Cover and chill again until firm. Cut into 64 squares.

MELISSA'S FORGOTTEN COOKIES — Mary Longren

IMPORTANT! Heat oven to 350° first!

Beat 2 egg whites (room temperature) to stiff froth, then add 3/4 cup sugar very gradually until it stands in peaks. Add 1 teaspoon vanilla; fold in 1 cup chocolate chips. Drop by teaspoonfuls on greased cookie sheet. Turn off oven; put cookies in and go shopping or play bridge or build a snowman. If an electric oven, cookies are done when oven is cold. In gas oven they are done in 3 hours or so. Size of eggs and size of cookies vary. Should make 4-5 dozen.

LEMON SQUARES

Nancy Walrath

1 c. flour
1/2 c. butter or margarine
1/4 c. confectioners sugar
1/4 tsp. salt
2 eggs
1 c. granulated sugar
1/2 tsp. baking powder
2 Tbsp. lemon juice

Blend flour, butter and confectioners sugar thoroughly. Press into 8 x 8-inch pan and bake in 350° oven 20 minutes.

Beat rest of ingredients together. Pour over crust and bake 20-25 minutes more.

CHOCOLATE SPLIT LEVELS

Zelle Eye

Chocolate Filling:

1 (6 oz.) pkg. semi-sweet chocolate pieces
1 (3 oz.) pkg. cream cheese
1/3 c. evaporated milk
1/2 c. chopped walnuts
2 Tbsp. sesame seed
1/4 tsp. almond extract

Crumb Crust:

1 1/2 c. all-purpose flour
1/2 tsp. baking powder
1/4 tsp. salt
3/4 c. sugar
1/2 c. butter, softened
1 egg
1/4 tsp. almond extract

In saucepan combine chocolate pieces, cream cheese and milk. Melt over low heat, stirring constantly. Remove from heat and stir in remaining filling ingredients. Blend well.

In large bowl combine all crust ingredients. Use mixer and blend until particles are fine. Press 1/2 of crumb mixture in greased 11 x 7-inch pan. Spread with filling. Sprinkle remaining 1/2 of crumb mixture.

Bake at 375° for 20-25 minutes. Cool before cutting. Makes 2 dozen bars.

SNICKERS CAKE

Carol Moore

1 German chocolate cake mix
1 lb. caramels (1 bag)
1/3 c. milk
1 stick margarine
1 (6 oz.) pkg. chocolate chips
3/4 c. nuts

Mix cake as directed on package. Spread 1/2 the batter in a 9 x 13-inch greased and floured pan. Bake at 350° for 20 minutes.

(Cont.)

Meanwhile, melt 1 pound of caramels in 1/3 cup milk and margarine. Pour this over hot cake. Sprinkle with chocolate chips and nuts. Pour remaining batter on top. Bake at 350° for 20 minutes. Lower temperature to 325° and bake for 10 minutes more.

PUDDING CAKE - **Jo Hedge**

First Layer (Crust):

1 c. flour
1 c. chopped nuts
1 stick oleo, melted

Mix in oblong pan. Pat out crust. Bake at 350° for 20 minutes. Let cool.

Second Layer:

1 (8 oz.) pkg. cream cheese
1 c. Cool Whip
1 c. powdered sugar

Soften cheese; mix spread over cooled crust.

Third Layer:

1 (3 oz.) pkg. instant pudding (chocolate)
1 (3 oz.) pkg. instant pudding (vanilla)
2 c. milk

Beat until thick. Spread over second layer.

Fourth Layer: Spread 1 large carton Cool Whip over top. Sprinkle with 1/4 cup nuts and 1 Hershey bar, shaved.

* * * * * * * *

DESSERTS
TOMORROW I'LL DIET!
HAND CRANKED
ICE CREAM
205
HONEST WEIGHT
Cardi ORIGINALS

Helpful Hints For The Kitchen

An excellent thickener for soups is a little oatmeal. It will add flavor and richness to almost any soup.

Give mashed potatoes a beautiful whipped cream look by adding hot milk to them before you start mashing.

Don't add sugar to stewed fruits until they have boiled for 10 minutes. They need less sugar then.

Add a teaspoon of lemon juice to each quart of water used to cook rice. The grains will stay white and separated.

Potatoes will take on a golden taste and appearance if sprinkled lightly with flour before frying.

Lettuce won't "rust" in the refrigerator if it is wraped in paper toweling.

Remember that every time you open the oven door the temperature drops about 25 degrees.

The coldest part of any refrigerator is the top back shelf.

Never freeze more than four pounds of fresh food per cubic foot of freezer capacity at one time.

For highest refrigerator efficiency, air should circulate around each container.

If sweet cream is just starting to sour, restore the sweetness with a pinch of baking soda.

Dripping faucets can be quieted by tying a string to it that reaches into the sink. The water will slide down the string quietly.

Try loosening rusty screws by putting a drop or two of ammonia on it.

Keeping a piece of charcoal in the tool drawer will keep the moisture out preventing rust.

Rusty bolts can usually be loosened by pouring club soda on them.

EXTRA-SPECIAL CHOCOLATE DESSERT — Jane Hildebrand

3/4 c. sugar
1 Tbsp. plus butter

Cream. Add 1/2 cup milk.

1 c. flour
1/4 tsp. salt
1 tsp. baking powder
1 1/2 Tbsp. cocoa

Mix. Mix with the above sugar mixture. Pour into a greased pan (9 x 9-inch or 8 x 8-inch).

Mix:

1/2 c. brown sugar
1/2 c. white sugar
1/2 c. nuts
1/4 c. cocoa

Sprinkle over batter. Pour 1 1/4 cup boiling water over all. Bake 35-40 minutes at 350°.

Best if served warm with vanilla ice cream.

CHOCOLATE VIENNA TORTE — Kathy Pitzer

6 eggs, separated
1/2 tsp. cream of tartar
1 c. sugar
1 tsp. vanilla
1 c. grated unsweetened chocolate
3/4 c. sifted flour
1 tsp. baking powder
1 tsp. salt

Preheat oven to 350°. Beat until stiff (holds a point) 6 egg whites and 1/2 teaspoon cream of tartar. Gradually beat in 1/2 cup of sugar. Beat until very stiff and glossy. Gently fold in 3/4 cup grated unsweetened chocolate and 1 teaspoon vanilla.

In a small bowl beat 6 egg yolks until thick and lemon-colored. Beat in 1/2 cup sugar. Sift together and stir in flour, baking powder and salt. Carefully fold into egg white mixture. Pour into 2 or 3 (9-inch) layer pans, lined with greased paper. Bake until when touched lightly with finger, no imprint remains (20-30 minutes). Turn out of pans immediately; remove paper. Cool. Put together and frost with whipped cream. Garnish with chocolate flakes.

FROZEN ORANGE DESSERT

Suzanne Paterson

1/2 gal. orange sherbet
2 envelopes Dream Whip
2/3 pkg. Mother's macaroons
1/2 - 2/3 c. chopped nuts (finely chopped)

Crush macaroons and add chopped nuts. Set 1/3 cup of this mixture aside. Prepare Dream Whip according to directions. Mix cookie mixture into Dream Whip. Spread part of it on the bottom of a 13 x 9-inch pan. Spoon softened sherbet onto crumbs. Spread remaining Dream Whip mixture on top of sherbet. Sprinkle the 1/3 cup of crumbs (set aside earlier) on top. Freeze.

MRS. SAULT'S RICE PUDDING

Sue Malone

1/3 c. uncooked white rice (not instant)
1/3 c. sugar
1/2 tsp. salt
1 tsp. vanilla
1/2 c. light or heavy cream

Combine rice with sugar, milk, salt and vanilla in a 1 1/2-quart casserole. Bake at 325° for 1 1/2 hours, stirring occasionally. Add cream (pour on top, do not stir in) and bake 1/2 hour longer, without stirring. Cool until pudding has creamy consistency. Sprinkle with nutmeg.

Serves 6.

NO-COOK ICE CREAM

Sue Malone

2 cans Eagle Brand sweetened condensed milk
6 eggs
1 c. sugar
2 tsp. vanilla (or 1 tsp. vanilla plus 1 tsp. almond)
2 tall cans Pet milk

Whisk eggs into sugar. Add all other ingredients and pour into freezer. Finish filling with milk or half & half. (To make chocolate ice cream, I add Hershey's chocolate syrup to this recipe.) Yum!

GRANDMA'S TRIFLE

Cathey Hernandez

1 stale yellow cake, cut in fingers
sherry
fresh strawberries
strawberry preserves
boiled custard
whipping cream

Boiled Custard:

2 c. milk
2 eggs

1/4 c. sugar

1 tsp. vanilla

In a double boiler scald milk. Beat sugar and eggs and add a little scalded milk. Return to double boiler. Add vanilla. Cook until custard coats a metal spoon.

Arrange in layers: cake, sprinkle of sherry, strawberry preserves (thin layer), strawberries, boiled custard, cake, sherry, etc. Top layer should end with strawberries. Whipped cream is very last layer.

STRAWBERRY CREME SPONGE ROLL

Evelyn Stalcup

(Calorie Watchers - 110 calories per serving)

3/4 c. cake flour
1 tsp. double-acting baking powder
1/2 tsp. salt
4 eggs, separated (at room temperature)
sugar
almond extract
confectioners sugar
1 (4 oz.) container frozen whipped topping, thawed
1 (16 oz.) pkg. frozen whole strawberries, thawed and drained

About 1 1/2 hours before serving or early in day: Preheat oven to 375° F. Grease 15 1/2 x 10 1/2-inch jelly roll pan; line pan with waxed paper. In small bowl stir flour, baking powder and salt; set aside.

In another small bowl with mixer at high speed, beat egg whites until stiff peaks form. Beating at high speed, gradually sprinkle in 1/4 cup sugar, beating until sugar is completely dissolved. (Whites should stand in stiff, glossy peaks.)

In large bowl with same beaters and with mixer at high speed, beat egg yolks, 1/2 cup sugar and 1/2 teaspoon almond extract until very thick. With wire whisk or rubber spatula, gently fold flour mixture and beaten egg whites into egg yolk mixture. Spread batter evenly in pan; bake until cake is golden and top springs back when lightly touched with finger, about 15 minutes.

Meanwhile, generously sprinkle clean cloth towel with confectioners sugar. When cake is done, immediately invert cake onto towel. Carefully peel waxed paper from cake. Starting at narrow end, roll cake with towel jelly roll fashion. Cool completely, seam side down, on wire rack (about 30 minutes).

To serve, stir whipped topping and 1/2 teaspoon almond extract until well blended. With spoon, break up strawberries slightly. Unroll cake; spread top evenly with whipped topping mixture, then with strawberries. Starting at same narrow end, roll cake without towel. Place cake, seam side down, on platter. Makes 16 servings.

CHEESE CAKE

Jean Pelzer

3 c. sour cream
3 eggs, beaten
2 (8 oz.) pkgs. cream cheese
1 c. sugar
1/4 tsp. salt
2 tsp. vanilla
1/2 tsp. almond flavoring

Mix until almost smooth. Add 3 cups sour cream. Mix. Pour into spring form pan that is lined with graham cracker crust.*
Bake at 375° about 45-60 minutes or until set.
*Crust:

3 c. graham cracker crumbs
3/4 c. melted butter
1 tsp. cinnamon

FLAN (PERU)

Nancy Orlando

1 c. granulated sugar
6 whole eggs
vanilla extract
1 (13 oz.) can evaporated milk
1 (14 oz.) can sweetened condensed milk

Optional additions:

5-7 oz. shredded coconut
sliced canned peaches, drained

Put sugar into heavy saucepan and place over low heat. Stir constantly until sugar melts and turns golden. Pour caramelized sugar into 6-cup mold or souffle dish. Tip to entirely coat sides with caramel. Cool while making custard.

In a blender, put both milks and eggs. Blend well. Add 2-3 drops of vanilla. Add optional coconut and/or arrange peach slices decoratively on base of dish with caramel. Pour in custard mixture. Place mold containing custard mixture in a larger pan containing hot water. The water should be about 1/2 the height of the custard container. Place the mold and its water bath in a 250° oven and bake about 1 1/2 hours or until a knife inserted in the center comes out clean. Let cool. Run a sharp knife around the edge and turn out onto a rimmed flat plate. Chill thoroughly. Best if made a day ahead.

DANIELLE'S CHEESECAKE

Kathy Pitzer

Preheat oven to 350°.

Graham Cracker Crust:

2 1/2 c. crumbs
1/2 c. sugar

3-4 Tbsp. butter
2 tsp. cinnamon

Melt butter and add to crumbs, sugar and cinnamon. Line a buttered spring form pan. Put in freezer while making filling.

Filling:

2 (8 oz.) pkgs. cream cheese
1 (4 oz.) pkg. cream cheese
1 pt. sour cream
1 c. sugar
5 eggs, separated
1 Tbsp. lemon juice
1 tsp. vanilla

Blend cream cheese and sugar. Make sure all lumps are out. Add yolks slowly. Add lemon juice. Add vanilla, then sour cream. Mix well. Beat egg whites until stiff; fold into cream cheese mixture gently. Pour into chilled pan. Bake 1 hour at 350°. Turn off oven and leave in for 1 more hour. Open door and leave in for 1/2 hour more. Cool in refrigerator for 24 hours.

ALMOND PUFF — **Ann Fodrey**

1/2 c. butter, softened
1 c. flour
1 c. flour
2 Tbsp. water
1/2 c. butter
1 tsp. almond extract
3 eggs
confectioners sugar glaze
sliced almonds

Heat oven to 350°. Cut 1/2 cup butter into 1 cup flour. Sprinkle 2 tablespoons water over mixture. Mix with fork. Round into ball; divide in half. On ungreased baking sheet, pat each 1/2 into strip, 12 x 3 inches about 3 inches apart.

In medium pan, heat 1/2 cup butter and 1 cup water to rolling boil. Remove from heat and quickly stir in almond extract and 1 cup flour. Stir vigorously over low heat until it forms a ball (about 1 minute). Remove from heat. Beat in eggs (all at one time) until smooth. Divide in half and spread evenly over strips, covering completely.

Bake 60 minutes until top is crisp and brown. Frost with glaze and sprinkle with nuts.

Glaze: Mix:

1 1/2 c. confectioners sugar
2 Tbsp. butter
1 1/2 Tbsp. almond extract
1-2 Tbsp. warm water

Beat until smooth.

FUDGE MELTAWAYS

Evelyn Stalcup

1/2 c. butter
1 square unsweetened chocolate (16 oz.)
1/4 c. sugar
1 tsp. vanilla
1 egg, beaten
2 c. graham cracker crumbs
1 c. coconut
1/2 c. chopped nuts
1/4 c. butter
1 Tbsp. (or 2) milk or cream
2 c. sifted confectioners sugar
1 tsp. vanilla
3 squares unsweetened chocolate (3 oz.)

Melt 1/2 cup butter and 1 square chocolate in saucepan. Blend granulated sugar, 1 teaspoon vanilla, egg, crumbs, coconut and nuts into butter chocolate mixture. Mix well and press into ungreased square pan, 9 x 9 x 1 3/4-inches or 11 1/2 x 7 1/2 x 1 1/2-inches. Refrigerate!

Mix 1/4 cup butter, milk, confectioners sugar and 1 teaspoon vanilla. Spread over crumb mixture. Chill.

Melt 3 squares chocolate and spread evenly over chilled filling. Chill again.

Cut into tiny squares (or bars) before completely firm. Makes 3-4 dozen.

* * * * * * * *

Write an extra recipe here:

PRESERVES
JELLY · JAM
CANDY
JAM
POT

Candy & Frosting Chart

230 degrees - 234 degrees	Thread
234 degrees - 240 degrees	Soft Ball
244 degrees - 248 degrees	Firm Ball
250 degrees - 266 degrees	Hard Ball
270 degrees - 290 degrees	Soft Crack
300 degrees - 310 degrees	Hard Crack

Birthdays

Monday's child is fair of face.
Tuesday's child is full of grace
Wednesday's child is loving and giving.
Thursday's child works hard for a living
Friday's child is full of woe.
Saturday's child has far to go.
But the child that is born on the Sabbath day
Is brave and bonny, and good and gay

PERPETUAL CALENDAR

SHOWING THE DAY OF THE WEEK FOR ANY DATE BETWEEN 1700 AND 2499

Table of Dominical Letters

Year of the Century — *Denote Leap Years	Centuries 1700, 2100	1800, 2200	1900, 2300	2000, 2400
0	C	E	G	A
1	B	D	F	G
2	A	C	E	F
3	G	B	D	E
*4	F	A	C	D
5	E	G	B	C
6	D	F	A	B
7	C	E	G	A
*8	B	D	F	G
9	A	C	E	F
10	G	B	D	E
11	F	A	C	D
*12	E	G	B	C
13	D	F	A	B
14	C	E	G	A
15	B	D	F	G
*16	A	C	E	F
17	G	B	D	E
18	F	A	C	D
19	E	G	B	C
*20	D	F	A	B
21	C	E	G	A
22	B	D	F	G
23	A	C	E	F
*24	G	B	D	E
25	F	A	C	D
26	E	G	B	C
27	D	F	A	B

Month					Dominical Letter						
January, October					A	B	C	D	E	F	G
Feb., Mar., Nov					D	E	F	G	A	B	C
Jan., Apr., July					G	A	B	C	D	E	F
May					B	C	D	E	F	G	A
June					E	F	G	A	B	C	D
February, August					C	D	G	F	G	A	B
Sept., Dec					F	G	A	B	C	D	E
1	8	15	22	29	Su	Sa	F	Th	W	Tu	M
2	9	16	23	30	M	Su	Sa	F	Th	W	Tu
3	10	17	24	31	Tu	M	Su	Sa	F	Th	W
4	11	18	25		W	Tu	M	Su	Sa	F	Th
5	12	19	26		Th	W	Tu	M	Su	Sa	F
6	13	20	27		F	Th	W	Tu	M	Su	Sa
7	14	21	28		Sa	F	Th	W	Tu	M	Su

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For *January* 1, 1876 the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

CANDY, JELLY, JAM, PRESERVES

MICROWAVE PEANUT BRITTLE — Carol Moore

1 c. raw peanuts
1 c. white sugar
1/2 c. white corn syrup
dash salt
1 tsp. vanilla
1 Tbsp. margarine
1 tsp. baking soda

Put first 4 ingredients in 2-quart glass casserole. Cook on HIGH for 5 minutes. Stir and cook for 2 minutes more. Add margarine and vanilla and cook an additional 1-2 minutes. Add soda and stir until light and fluffy. Pour onto a buttered cookie sheet. Cool.

BESSIE'S MICROWAVE PEANUT CLUSTERS — Mary Longren

1 lb. white chocolate
12 oz. chocolate chips

Melt together. Add 13-14 ounces salted peanuts with skins. Drop by teaspoon onto waxed paper lined cookie sheets and allow to set up.

ENGLISH TOFFEE — Jo Hedge

1 c. butter
1 c. sugar
3 Tbsp. water
1 Tbsp. white Karo syrup

Cook to hard boil stage (light brown color), 45 minutes. Pour on buttered cookie sheet. Put 4 Hershey bars on top and spread. Sprinkle with almonds.

CHOCOLATE-COVERED CHERRIES — Jacque Thompson

The chocolate or white coating for these candies is sometimes also called almond bark.

60 maraschino cherries with stems
3 Tbsp. butter or margarine
3 Tbsp. corn syrup
1/4 tsp. salt
2 c. sifted powdered sugar
1 1/2 lbs. chocolate or white chocolate for coating candy

Drain cherries well; let stand on paper toweling. Combine butter, corn syrup and salt; stir in powdered sugar. Knead until smooth. Chill if too soft. Shape a marble size piece of powdered

(Cont.)

sugar mixture (about 1 teaspoon) around each cherry. Place on waxed paper-lined baking sheet; chill.

In small heavy saucepan or deep bowl over pan of hot water, melt chocolate coating, stirring constantly. DO NOT ADD ANY LIQUID. Holding onto stems, dip cherries 1 at a time, into melted mixture. Spoon mixture over cherries to coat. Place on waxed paper-lined baking sheet. Place in refrigerator to harden. Store in covered container in cool place. Let ripen a week or 2 so fondant will begin to liquefy. Makes 60.

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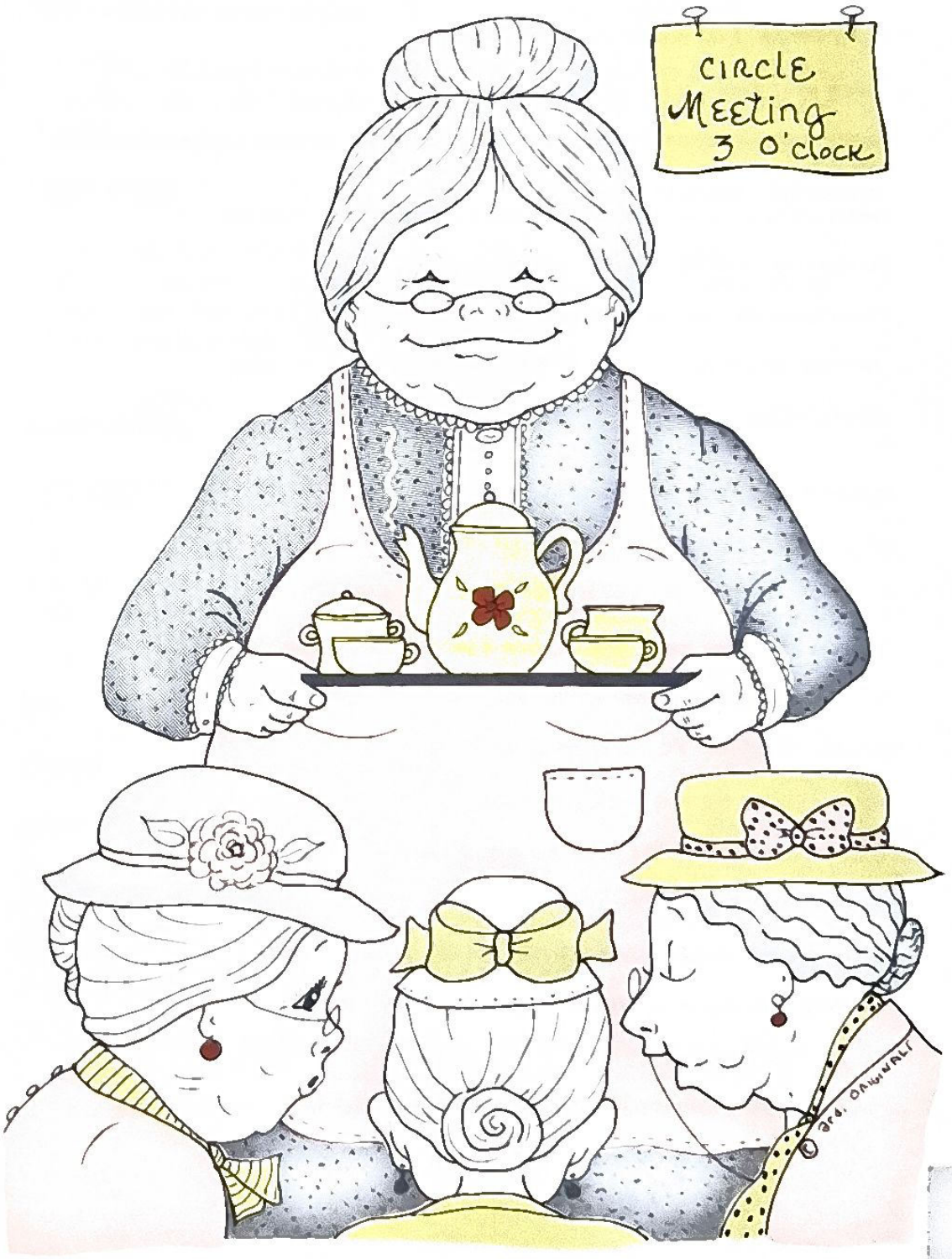
Write your extra recipes here:

BEVERAGES ♡ MISCELLANEOUS



For Pensive Moments

A word of advice - do not give it.

Love thy enemies - it will drive them nuts.

To share with a friend is to see twice the beauty.

The recipe that is not shared with others will soon be forgotten, but when it is shared, it will be enjoyed by future generations.

There is nothing wrong with the younger generations that twenty years will not cure.

The flower that follows the sun, does so even on cloudy days.

A loose tongue often gets into a tight place.

One mother can care for five children, but five children cannot care for one mother.

A neighbor asked a small boy if his family said prayers before the meals. "No," he replied, "We don't have to. My mother is a good cook".

People who expect the worst, usually find it.

Even a mosquito does not get a slap on the back until he starts working.

Always do right - this will gratify some people and astonish the rest.

Happiness is like potato salad - when you share it with others, it is a picnic.

Remember when health foods were whatever your mother said to eat - or else?

Be careful how you live - you may be the only Bible some people read.

I can keep a secret, but those I tell it to never can.

Delicious food that melts in your mouth also sticks to your hips.

The most difficult meal for the average housewife is to get dinner out.

Even worse than a storm or a riot is a bunch of kids who are suddenly quiet.

One should never question his wife's judgement - after all, she married him.

Good judgement comes from experience. Experience comes from bad judgement.

It takes a clever man to know how to agree with his wife in such a way that she will change her mind.

BEVERAGES, MISCELLANEOUS

SWISS MOCHA

Ruth Stotler

1 3/4 c. powdered milk
1/4 c. powdered coffee creamer
1/3 c. unsweetened cocoa
1 c. sugar
1/2 - 2/3 c. instant coffee
1 tsp. salt (optional)

Put all ingredients into blender and blend to make a fine powder. Use 2 or 3 heaping teaspoons per cup and add boiling water.

DIET WINE

Jacque Thompson

2 cans red diet soda (black cherry, raspberry, etc.)
1 can white diet soda (lemon-lime, cream soda)
1/4 c. cider vinegar
2 drops artificial sweetener

Combine all ingredients in sealed container. Refrigerate 24 hours to 4 days. Serve chilled.

PERFECTION PUNCH

Suzanne Stevens

1 (6 oz.) can frozen lemonade
6 c. (or large can) pineapple juice (chilled)
2 large bottles Riesling or other white wine (chilled)
1 large bottle champagne (chilled)

Mix lemonade, pineapple juice and wine in punch bowl. Add ice.

Just before serving pour in champagne. Float fruit on top. Great! Serves 42 punch glasses.

DENVER SMITH CLUB ICED TEA

Diane Pelesh

3 c. water
1 1/2 c. sugar
8 c. water
8 tsp. instant unsweetened tea
4 c. orange juice
large handful of mint
1 1/2 c. lemon juice

Boil 3 cups water with sugar; simmer 5 minutes. In another pot bring 8 cups water to boil. Add tea and mint; steep 1 hour or more. Remove mint; add sugar syrup, orange juice and lemon juice. Cool thoroughly. Makes 1 gallon.

PUNCH

Sue Malone

Mix together:

24 oz. beer
1 large can pink lemonade
8 oz. bourbon

You will need to multiply this several times for a party!

DAIQUIRI PUNCH

Diane Skinner

1 qt. white rum
2 small cans pink lemonade (frozen)
1 small can limeade (frozen)
1 bottle maraschino cherries (no stems)
1 qt. Collins mix
5 c. water

Mix well and freeze 24 hours.

HOT PUNCH

Connie Rasmussen

1 (6 oz.) can frozen orange juice
1 (6 oz.) can frozen lemonade
12 c. water
1 tsp. almond extract
1 tsp. vanilla extract
1 1/2 c. sugar

Heat and serve. Serves 12.

SANGRIA

Suzanne Stevens

1 qt. Burgundy wine
1 (6 oz.) can orange juice (concentrate)
1 (6 oz.) can lemonade (concentrate)

Mix all of above and serve in tall glass with ice. Sliced lemons, oranges or other fruit may be added.

BANANA SLUSH PUNCH

Evelyn Stalcup

Blend:

5 ripe bananas
1 can frozen orange juice (12 oz.)
1 can pineapple juice (46 oz.)

Boil:

3 c. water
2 c. sugar

Mix and freeze until slush forms. Add 3 quarts 7-Up (chilled).

PARTY PUNCH

Susie Kessell

Serves 50 cups.

1 (6 oz.) can frozen lemonade
1 bottle Sauterne
2 bottles of chilled champagne
6 c. or 1 large can unsweetened pineapple juice, chilled
orange slices and/or maraschino cherries

Mix all but champagne. Keep in refrigerator until just before serving.

ORANGE WHIP

Mary Longren

1 (6 oz.) can frozen orange juice concentrate
1/2 c. milk
1/4 c. sugar
1/2 tsp. vanilla
1/2 c. water
5-6 ice cubes

Combine all ingredients in blender. Blend until smooth. Makes 3 cups.

RUSSIAN TEA MIX

Kathy Pitzer

1 c. sugar
1 c. Tang
1 c. instant tea
1/2 tsp. cloves
1 tsp. cinnamon

Keeps well in a glass jar. Put 2-3 teaspoons in a cup; pour in hot water.

PERCOLATOR PUNCH

Sue Malone

Note: This tastes like hot, spiced tea and makes your whole house smell like Christmas!

2 1/2 c. unsweetened pineapple juice
1 3/4 c. water
2 c. cranberry juice cocktail

Put in percolator.

1 Tbsp. whole cloves
1 1/2 tsp. whole allspice
3 sticks cinnamon, broken
1/4 tsp. salt
1/2 c. brown sugar

(Cont.)

Put in basket of percolator and perk.

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Write your extra recipes here:

More Fine Recipes From The Ladies Of The 55th

MORE FINE RECIPES FROM THE LADIES OF THE 55TH

APPETIZERS, PICKLES, RELISH

CHEESY SPINACH LOAF

Lisa Brydon

1 round sourdough bread loaf or round dark rye bread loaf
1/3 c. butter or margarine
2/3 c. chopped red or green pepper
1/3 c. chopped celery
1/3 c. chopped onion
1 (1 lb.) box Velveeta cheese spread, cubed
1 (10 oz.) pkg. frozen chopped spinach (cooked, drained and squeezed)
1/4 tsp. dried rosemary leaves, crushed
1/4 tsp. garlic salt
1/4 tsp. pepper

Cut slice from top of bread; remove center leaving 1-inch shell. Cut removed bread into bite-size pieces; reserve. Brush insides of shell with 2 tablespoons butter or margarine (melted). Place on cookie sheet with reserved bread. Bake at 350° for 20 minutes.

Saute' peppers, celery and onion in remaining butter or margarine until tender. Add process cheese spread; stir over low heat until process cheese spread is melted. Stir in remaining ingredients; heat thoroughly, stirring constantly. Pour into bread shell; serve with reserved bread, top slice and assorted vegetable dippers.

Makes 2 2/3 cups.

BROCCOLI CURRY DIP

Rose Leydorf

Cut up 1 bunch broccoli.

Marinade:

1/3 c. vinegar
1/2 c. light salad oil
1 Tbsp. dill weed
1/2 c. sugar
salt
cracked pepper

Mix well and pour over broccoli; marinate at least 6 hours, stirring once or twice.

Dip:

(Cont.)

1 c. mayonnaise
1 Tbsp. curry (I use a little more)
1 Tbsp. ketchup

HAMBURGER-SAUSAGE APPETIZERS

Rose Leydorf

Fry 1 pound of hamburger with 6 ounces of HOT Jimmy Dean sausage. Add 1 pound of Velveeta cheese. Heat until cheese is melted and well blended with meat. Spread mixture on Party Rye and freeze on cookie sheets. Store in Baggies in freezer until ready to use.

To use: Heat in a 350° oven for 15-20 minutes. Makes enough for about 2 packages of Party Rye.

SWEET-HOT MUSTARD

Judy Kirschbaum

3 small cans dry mustard (1.12 oz. size - use this size only)
1 c. vinegar

Mix mustard and vinegar and let set overnight.
Next day: Beat together:

3 eggs
1 c. sugar

Add to mustard mixture. Cook until thick, stirring constantly; chill. Keep in refrigerator. Serve with chunks of salami, summer sausage and cheese as a dip, or can use as any other mustard on sandwiches.

QUICK AND EASY VEGETABLE DIP

Judy Kirschbaum

2 (8 oz.) pkgs. cream cheese, softened
1 Knorr chicken bouillon cube dissolved in about 1/8 - 1/4 c. boiling water
2-3 green onion stalks, finely chopped

Combine all ingredients and mix with a hand mixer. Serve with crisp cut-up vegetables.

MOLDED AVOCADO PINWHEEL

Margie Stafford

Oil a 9 1/2-inch porcelain quiche dish, glass pie dish or a flan tin with indented bottom.

Put 1/4 cup cold water in a small saucepan; sprinkle 1 envelope unflavored gelatin over. Let stand 5 minutes to soften.

Cook over medium heat until mixture just comes to a boil and

gelatin is dissolved.

In a large bowl blend:

1 c. mashed avocado (3 or 4)
1 Tbsp. lemon juice
1 pkg. dry Italian salad dressing mix
1 c. dairy sour cream
3 Tbsp. chopped parsley

Add and mix thoroughly the dissolved gelatin.

Stir in 2 or 3 drops of green food coloring, if desired. Pour mixture into prepared mold. Cover with plastic wrap. Refrigerate until firm. May be refrigerated up to 2 days. Do not freeze. If using a quiche dish or pie dish, it is not necessary to unmold spread. If using a flan tin, unmold before serving. Run the top of a table knife around the edges; dip bottom of mold in warm water and invert onto platter.

Decorate with:

chopped green onions
chopped cucucmbers
chopped ripe olives
red or black caviar
chopped tomatoes or a tomato rose

Serve with bread rounds or crackers. Makes 3 cups.

CRAB DIP

Ellen Cohen

12 oz. cream cheese
1 Tbsp. lemon juice
2 Tbsp. mayonnaise
dash garlic
8 oz. crabmeat
1 Tbsp. green onion
1 Tbsp. Worcestershire sauce
6 oz. chili sauce

Blend all ingredients except crab and chili sauce. Spread cream cheese mixture on a plate. Then top with chili sauce and finally crab. Serve with crackers.

CALIFORNIA HOT CLAM DIP

Lisa Brydon

1 loaf French bread
2 (8 oz.) pkgs. cream cheese
2 cans minced clams (small size), juice reserved
1/2 c. clam juice
1 tsp. garlic salt
1 tsp. parsley flakes
1 tsp. Beau Monde spice
10 drops Tabasco sauce

Cut off top of loaf and place aside. Hollow out inside of loaf, reserving bread. With reserved bread, butter and sprinkle with

(Cont.)

garlic salt. Toast bread under broiler or place in microwave for about 1 minute.

Mix together cream cheeses, minced clams and teaspoon each of garlic salt, parsley flakes and Beau Monde spice. Then blend clam juice and Tabasco sauce into mixture. Pour mixture into hollowed-out loaf. Put lid on and wrap in 2 layers of foil.

Bake at 300° for 2 hours.

(Just a hint: Cook dip before toasting reserved bread.)

SOUPS, SALADS, DRESSINGS AND SAUCES

MEAT MARINADE

Becky Betz

1/4 c. soy sauce
1 Tbsp. Worcestershire sauce or A-1
1 tsp. ginger
clove garlic, mashed
2 Tbsp. brown sugar
1/4 c. red wine
2 Tbsp. cooking oil
salt and pepper to taste

Marinate flank steak at least 1 hour in mixture of all ingredients. Barbecue steak. Heat marinade sauce and serve with rice.

GERMAN LENTIL SOUP

Delores Poulin

1 lb. Navy beans
1/4 lb. bacon, diced
2 medium onions, chopped
2 medium carrots, diced
2 qts. water
1 c. sliced celery
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. dried thyme
2 bay leaves
1 large potato, pared
1 ham bone
1 Tbsp. lemon juice

Night before: Wash beans. Soak overnight in cold water to cover.

Early next day: Drain beans. Then in Dutch oven, saute' diced bacon until golden. Now add chopped onions and diced carrots and saute' until onions are golden.

Next add beans, water, sliced celery, salt, pepper, thyme and bay leaves.

Now with a medium grater, grate pared potato into bean mixture; add ham bone.

Simmer, covered, 3 hours, when beans should be nice and tender. Remove bay leaves. Remove ham bone; cut all bits of meat from it and return meat to soup. Add additional chopped ham if not enough on bone. To serve at once, add lemon juice. Or, refrigerate soup until next day; then add lemon juice, reheat and serve.

Makes 9 1/2 cups of hearty soup.

PASTA SALAD

Rose Leydorf

2 c. fresh snow peas
2 c. broccoli flowerets
2 1/2 c. cherry tomato halves
1 (7.75 oz.) can whole pitted ripe olives, drained
1 (8 oz.) pkg. cheese-stuffed tortellini, uncooked
3 oz. fettuccini, uncooked
1 Tbsp. grated Parmesan cheese
Pasta Salad Dressing (recipe follows)
grated Parmesan cheese (optional)

Drop snow peas into boiling water; boil 1 minute and remove with slotted spoon. Place broccoli in boiling water; boil 1 minute and drain. Combine peas, broccoli, tomatoes, mushrooms and olives.

Cook pasta according to package directions; drain and let cool slightly. Combine vegetables, pasta and 1 tablespoon Parmesan cheese in a large bowl; add salad dressing and toss well. Chill several hours before serving. Garnish with additional Parmesan cheese, if desired. Yields 10-12 servings.

PASTA SALAD DRESSING

Rose Leydorf

1/2 c. sliced green onions
1/3 c. red wine vinegar
1/3 c. vegetable oil
2 Tbsp. chopped fresh parsley
2 cloves garlic, minced
2 tsp. dried whole basil
1 tsp. dried whole dill weed
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. sugar
1/2 tsp. dried whole oregano
1 1/2 tsp. Dijon mustard

Combine all ingredients in a jar; cover tightly. Shake well until mixed. Yield: 1 1/4 cups.

MOM'S STRAWBERRY JELLO SALAD

Lisa Brydon

1 large box strawberry jello
1 small can crushed pineapple (drain and reserve juice)
1 pt. sour cream or 8 oz. cream cheese
1 (10 oz.) pkg. frozen strawberries (thaw and reserve juice)

Boil:

1/2 c. strawberry juice
1/2 c. pineapple juice
3 c. water

Add jello, crushed pineapple and thawed strawberries. Boil

(Cont.)

this mixture for 1 minute. After boiling, pour 1/2 of the jello mixture into an oblong pan. Refrigerate jello mixture until soft-set. Then spread either sour cream or very soft cream cheese on top to cover all jello mixture, then add remaining jello and let set.

(Remember to let jello set before trying to spread sour cream or cream cheese, otherwise you will have a mess trying to spread it.)

CRANBERRY NUT JELLO — **Ginger Stewart**

1 lb. can cranberry sauce
3 small pkgs. raspberry jello
3 c. boiling water
2 c. sour cream
1/2 large pkg. pecans

Chill jello until thick but not firm. Beat in sour cream and cranberry sauce; add pecans. Chill in 13 x 9-inch pan.

MAIN DISHES -- MEAT, SEAFOOD, POULTRY

CHICKEN PARMESAN — **Pam Johnson**

6 boned, skinless chicken breasts
2 c. Italian bread crumbs
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. garlic salt
2 eggs, beaten

Dip chicken in egg, then in bread crumbs. Brown in oil until golden brown. Place chicken into a 9 x 13-inch baking dish and top with Ragu Homestyle spaghetti sauce. Sprinkle with shredded Mozzarella cheese. Bake at 350° for 30 minutes.

STEAMED FISH — **Kathy Butler**

2 1/2 lbs. orange roughy (or any nice white fish)
2 stalks green onions
3 slices fresh ginger (size of a quarter)
1/2 tsp. salt
1/4 c. salad oil
1/4 c. light soy sauce

Shred green onions lengthwise and cut into 1-inch lengths. Sliver ginger. Sprinkle fish with salt and place in a wide shallow dish with a 1-inch rim. Cover; steam fish 20 minutes. Heat oil until sizzling. Spread onion and ginger on top of fish. Pour oil over fish, then soy sauce.

FLANK STEAK

Kathy Butler

Use 1/2 pound flank steak per person.

Marinade:

1 onion, chopped
1 clove garlic, chopped
3/4 c. soy sauce
4 Tbsp. vegetable oil
1/2 c. brown sugar
4 Tbsp. white wine
1/2 tsp. Accent
1/4 tsp. pepper

Mix marinade together; place flank steak and marinade in a Baggie. Place in refrigerator for 6 hours or overnight (best), turning often.

Bring out of refrigerator 2 hours before grilling. Grill 6 minutes on each side. Heat leftover marinade in saucepan and pour over steak after slicing thin for serving.

DEEP DISH CRAB QUICHE

Pam Lipcsak

1 frozen "deep dish" pie crust shell
1 (5 1/2 oz.) can crabmeat, drained and flaked
1 c. (4 oz.) shredded Swiss cheese (or other variety)
1/2 c. grated Parmesan cheese
3 Tbsp. flour
1 1/2 c. milk
5 eggs
1/4 tsp. salt
1/8 tsp. pepper
1/8 tsp. nutmeg
1 (10 oz.) pkg. frozen, chopped spinach, thawed and drained

Preheat oven and cookie sheet to 425°. Toss together cheese and flour. Combine milk, eggs, salt, pepper and nutmeg. Add crab-cheese mixture and spinach to milk mixture. Pour into crust. Bake on preheated cookie sheet for 15 minutes. Reduce temperature to 350° and bake an additional 30-35 minutes.

Serves 6.

HAM AND CHEESE PUFFS

Paula Turner

1 c. water
1/2 c. butter or margarine (1 stick)
1 c. all-purpose flour
1/2 tsp. dry mustard
4 eggs
1 (4 oz.) pkg. sliced cooked ham, diced
1/2 c. shredded Cheddar cheese

Grease large cookie sheet. In 2-quart saucepan over medium heat, heat water and margarine until margarine melts and water

(Cont.)

boils. Remove saucepan from heat. With wooden spoon, vigorously stir in flour and mustard all at once until mixture forms a ball and leaves side of pan. Preheat oven to 375°. Add eggs, 1 at a time, beating well after each addition until mixture is smooth. Beat in ham and cheese (cheese does not need to melt). Drop batter, using large spoon, onto sheet into 12 mounds, about 2 inches apart. Bake 35 minutes or until golden. Serve as bread with soup, salad or main course.

Makes 12.

BAKED ITALIAN SPAGHETTI

Mary Kathryn Kelly

3 Tbsp. salad oil
1 medium onion, sliced
1 lb. ground beef
3 (8 oz.) cans tomato sauce
1 c. Burgundy wine or water
1 tsp. Italian seasoning
dash garlic powder
1 Tbsp. sugar
salt and pepper
1/2 lb. spaghetti
1 c. grated American cheese

Heat oil in large skillet. Add onion and beef and cook until brown. Add sauce, wine and seasonings. Simmer covered 1 hour, stirring occasionally. Cook spaghetti.

Mix spagehtti, sauce and 1/2 cup cheese. Turn into greased casserole. Sprinkle with remaining cheese. Cover and bake in 325° oven 1 hour. Uncover the last 15 minutes.

Serves 6.

CHICKEN DIANE

Jennifer Green

2 Tbsp. plus 2 tsp. margarine, divided
1 1/4 lbs. skinned and boned chicken breasts
1/2 c. minced onion
1/4 c. chopped fresh parsley
5 Tbsp. steak sauce
5 Tbsp. dry sherry
5 tsp. Worcestershire sauce
5 tsp. Dijon mustard

In 12-inch non-stick skillet, heat 1/2 the margarine over medium heat until bubbly and hot. Add chicken and cook, turning frequently, until lightly browned on all sides and, when pierced with a fork, juices run clear. Remove chicken to plate and keep warm.

In same skillet, heat remaining margarine until bubbly and hot; add onion and saute until translucent, 1 - 1 1/2 minutes. Reduce heat and add remaining ingredients except chicken. Cook, stirring occasionally, until heated through. Return chicken to skillet and turn to coat with sauce. Simmer 10 minutes.

Serve with hot rice or noodles and a tossed salad.

Serves 4.

GRILLED TERIYAKI PORK CHOPS

Pam Liscsak

8 pork chops, 1/2-inch thick
1/2 c. soy sauce
1/3 c. dry sherry
1/3 c. firmly packed brown sugar
1/4 c. vinegar
2 Tbsp. vegetable oil
1 clove garlic, finely chopped
1/2 tsp. ground ginger

Trim excess fat from pork chops. For marinade, combine remaining ingredients. Pour over chops in large glass dish. Cover and refrigerate 2-3 hours or overnight, turning occasionally. Remove chops from marinade. Heat marinade in pan and grill chops over medium to low heat 8-12 minutes or until browned. Turn; brush with reserved marinade and grill 8-12 minutes until juicy and tender.

Makes 4 servings.

ZUCCHINI QUICHE

Katy McGuffee

4 c. thinly sliced zucchini
1 c. coarsely chopped onion
1/2 c. margarine or butter
1/2 c. chopped parsley
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. garlic powder
1/4 tsp. basil leaves
1/4 tsp. oregano leaves
2 eggs, well beaten
2 c. (8 oz.) shredded Muenster or Mozzarella cheese
8 oz. can crescent dinner rolls
2 tsp. Dijon or prepared mustard

Heat oven to 375°. Cook zucchini and onion in margarine until tender. Add parsley and seasonings. Blend eggs and cheese in a large bowl and add zucchini mixture.

Press crescent dough over bottom and up sides of ungreased 11-inch quiche pan or 10-inch pie pan. Spread crust with mustard. Pour vegetable mixture evenly over crust. (You may wish to cover rim of crust with foil.)

Bake at 375° for 18-20 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before cutting into wedges.

Serves 6.

LEFTOVER MEAT ROLL-UP

Suzi Brunner

Grind up any meat (roast) and leftover vegetables (potatoes). You can even add gravy.

Season any way you want.

Make a biscuit dough (do not add salt).

Roll dough thin (1/4-inch).

(Cont.)

Spread the meat mixture over 1/2 of the dough. Roll up and place on greased sheet.

Make up some gravy to put on top of the baked dough. Or make a tomato sauce to top it.

Cook at 350° until dough is golden.

HAMBURGER HOT DISH

Suzi Brunner

1 lb. ground beef
1 can tomato soup
1 can chicken with rice soup
1 (3 oz.) can chow mein noodles

Brown meat and season. Remove from heat. Add the cans of soup (without adding the water). Add 1/2 of the chow mein noodles. Put in a casserole dish. Top with remaining noodles. Bake at 350° for 30 minutes. Top with cheese and melt.

You can add peas to meat mixture if you want a variation.

CATHY'S CHICKEN

Judy Polonis

1 bottle Wish-Bone Russian dressing (regular size)
1 pkg. Lipton onion soup mix
8-12 oz. pineapple/apricot jam

Lay skinned chicken pieces in glass Pyrex dish. Stir together the above ingredients and pour on chicken. Bake at 325° for 1 1/2 hours. Baste a couple of times. Serve with white rice.

TURKEY/CHICKEN-CHEDDAR CASSEROLE

Lisa Brydon

1 (16 oz.) pkg. medium egg noodles
1 (10 oz.) pkg. frozen broccoli spears
3 Tbsp. butter
3 Tbsp. all-purpose flour
1 tsp. garlic salt
1/4 tsp. prepared mustard
1/4 tsp. pepper
2 c. milk
1 1/2 c. (6 oz.) shredded Cheddar cheese
2 c. cut-up cooked turkey or chicken
1/2 c. slivered almonds, toasted

Preheat oven to 350°. Cook noodles according to package directions until tender; drain. Cook broccoli according to package directions until just tender; drain. Remove broccoli stems and dice, leaving flowerets whole. Meanwhile, in saucepan over low heat, melt butter, then stir in flour, salt, mustard, pepper and milk. Stirring constantly, cook until thick and smooth. Remove from heat and stir in cheese until melted. In a greased shallow casserole or 8-inch square baking dish; arrange noodles, broccoli stems and turkey. Pour cheese sauce over all. Arrange broccoli flowerets on top, pressing them lightly into sauce; sprinkle with almonds.

Bake, covered, at 350° for 15 minutes.
Serves 4-6.

CHICKEN MACARONI

Lisa Brydon

4 Tbsp. butter
2 Tbsp. flour
1 (3 oz.) pkg. softened cream cheese
1 1/4 tsp. garlic salt
1/4 tsp. pepper
1 c. milk
1 c. canned chicken broth
1 c. diced mushrooms
2 1/2 c. diced cooked chicken
2 c. cooked macaroni (shell or spiral pasta)
2 c. grated Cheddar, Mozzarella or Swiss cheese

Cook noodles according to package directions until tender; drain. Boil chicken for 20 minutes; drain and dice. Meanwhile, in saucepan over low heat, melt butter, then stir in flour, cream cheese and seasonings. Gradually add milk and broth, stirring constantly until slightly thickened. Add mushrooms, chicken, 1 cup of grated cheese and pasta. Pour mixture into greased 2-quart casserole dish. Top with remaining cheese and bake.

Bake at 350° for 30 minutes.

STUFFED FLANK STEAK

Paula Mitchell

2 (1 1/2 lb.) flank steaks (score and pound in on both sides)
1 tsp. salt
1/8 tsp. paprika
1/4 tsp. dry mustard
1 tsp. Worcestershire sauce

Prepare stuffing for 7-8 pound turkey. Fasten steaks together on 3 sides with skewers and stuff; close open side. Melt 4 tablespoons oil and sear on both sides. Preheat oven to 325°.

Place steak in casserole or covered dish.

Stir into oil in skillet:

2 Tbsp. flour
1 c. beef stock
1 c. wine (Sebastini Pinot Noir or Inglenook Cabernet)
1/4 tsp. salt

Pour mixture over steaks; cover tightly and bake 1 1/2 hours or more, until tender.

TEXAS BRISKET

Juanita Davis

3-4 lbs. beef brisket (sliced)
1 bottle liquid smoke
1 bottle Worcestershire sauce
1 tsp. garlic salt
1 tsp. onion bits
2 tsp. celery salt
1 c. barbecue sauce

Cover both sides of brisket slices with a mixture of liquid smoke and Worcestershire sauce, garlic salt, onion bits and celery salt. Cover and keep in refrigerator overnight.

Before cooking, add 1-2 teaspoons salt and pepper. Bake at 300° for 5 hours (4 may be enough). Add barbecue sauce and cook 1 hour uncovered. Serves 4-6.

MAIN DISHES -- EGG, CHEESE, PASTA AND CASSEROLES

HAM AND CHEESE SANDWICHES

Christina Latchford

1/4 c. margarine, softened
1 Tbsp. prepared yellow mustard
1/2 c. onion (chopped)
1 Tbsp. poppy seeds
sliced ham
cheese (Swiss or American)
hamburger buns

Preheat oven to 350°. Mix first 4 ingredients together and spread on buns. Put on slice of ham and slice of cheese. Wrap in aluminum foil. Bake at 350° for 20-30 minutes. Makes 16-20 sandwiches.

WEEKEND BREAKFAST SPECIAL

Sue Jubinski

1 lb. Jimmy Dean sausage
6 eggs
2 c. milk
2 slices cubed white bread
1 c. grated cheese (Cheddar)

Cook and drain sausage well. Beat eggs and add remaining ingredients. Mix in meat and refrigerate overnight in a 9 x 12-inch pan. In morning, bake 1 hour at 350°.

Serving idea: Serve with creamed chipped beef in a pastry shell and fresh fruit.

VEGETABLES

SCALLOPED CARROTS

Elizabeth Smith

4 c. sliced, cooked carrots
1 medium onion, chopped and cooked soft in 3 Tbsp. butter
1 can cream of celery soup
1/2 tsp. salt
1/8 tsp. pepper
1/2 c. grated Cheddar cheese

Combine above ingredients. Place in greased 2-quart casserole. Top with 1 cup herb bread stuffing that has been tossed with 6 tablespoons melted butter. Bake at 350° for 20 minutes.

Serves 6.

SWEET POTATOES

Suzi Brunner

3 1/2 lbs. yams or sweet potatoes
1 c. sugar
1/2 c. butter or margarine
1/2 tsp. vanilla or 1/4 c. bourbon

Peel, cut and cook until tender. Drain water and mash the potatoes. Add all of the above, in order. Put in a 2-quart baking dish. Bake at 350° for 15 minutes. Top with mini marshmallows and bake a little longer until golden.

BREADS, ROLLS, PIES, PASTRY

FRENCH CHOCOLATE PIE

Janine Lehman

1/2 c. butter
3/4 c. sugar
2 squares chocolate, melted and cooled
2 eggs
2 c. thawed Cool Whip
9-inch pie shell, baked and cooled

Cream butter with sugar. Stir in chocolate. Add eggs, 1 at a time, beating 5 minutes after each addition at high speed. Fold in Cool Whip. Pour into pie shell. Chill until firm, about 2 hours; or freeze.

OATMEAL MUFFINS

Judy Polonis

1 c. (uncooked) rolled oats
1 c. buttermilk
1 egg
1/2 c. brown sugar, firmly packed
1 c. all-purpose flour (or 1/2 c. whole wheat and 1/2 c. white)
1/2 tsp. salt
1/2 tsp. baking soda

(Cont.)

1 tsp. baking powder
1/2 c. oil

Soak oatmeal in buttermilk for 1 hour.
After the soaking period, add egg and sugar, beating well.
Add flour which has been sifted with salt, soda and baking powder.
Add oil last.
Divide into greased muffin tins.
Bake 15-20 minutes at 400° until golden brown.
Makes 1 dozen great big muffins or 2 dozen medium ones.

DILLY BREAD

Judy Polonis

1 pkg. yeast
1/4 c. warm water
1 c. creamed cottage cheese, heated to lukewarm
2 Tbsp. sugar
1 Tbsp. instant minced onion
1 Tbsp. butter
2 tsp. dill weed
1 tsp. salt
1/4 tsp. soda
1 unbeaten egg
2 1/4 - 2 1/2 c. flour

Soften yeast in water. Combine in mixing bowl the following ingredients: the cottage cheese, sugar, onion, butter, dill weed, salt, soda, egg and softened yeast.
Add the flour to form stiff dough, beating well after each addition.
Cover; let rise in warm place until light and doubled in size (50-60 minutes in 140° oven - cover with damp cloth).
Stir dough down.
Turn into well-greased 1 1/2- to 2-quart casserole or loaf pan. Let rise until fluffy and doubled in size (30-40 minutes). Bake at 350° for 40-50 minutes.
Brush top with butter while still hot and sprinkle lightly with salt.
Makes 1 loaf.

CHOCOLATE CREAM PIE

Lisa Brydon

1 (3 oz.) pkg. softened cream cheese
1/2 c. sugar
1 tsp. vanilla
1/3 c. Hershey's cocoa
1/3 c. milk
1 (12 oz.) carton thawed Cool Whip
1 (8- or 9-inch) chocolate cookie pie crust

Combine cream cheese, sugar and vanilla in small mixer bowl until blended. Add cocoa alternately with milk, beating until smooth. Gradually add and fold in non-dairy whipped topping until well combined. Spoon into pie shell. Chill until firm. Serves 6-8.

CHEESE PAN BREAD

Kathy Butler

4 Tbsp. butter
1/4 - 1/2 c. minced onion
1 1/2 c. Bisquick
1/4 tsp. salt
1 egg
1/2 c. milk
3/4 c. cottage cheese
1 c. grated sharp Cheddar cheese
1/2 - 3/4 Tbsp. poppy or sesame seeds

Melt 2 tablespoons butter in skillet; add onion and saute'. Blend Bisquick and salt in large bowl. Add egg, milk, cottage cheese and 1/2 cup of Cheddar cheese; stir well after each addition. Add butter and onion; turn dough into a buttered 8-inch round or square pan. Melt remaining butter and pour over top. Sprinkle top with remaining Cheddar cheese and poppy or sesame seeds. Bake at 425° for 30 minutes; reduce heat to 350° and bake 5 minutes more or until done (knife inserted comes out clean).

HONEY BREAD

Christina Latchford

2 c. flour (all-purpose or 1 c. white and 1 c. wheat)
1 Tbsp. baking powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. ginger
1 egg, well beaten
3/4 c. milk
1/4 c. oil
1/2 c. honey

Preheat oven to 350°. Mix together dry ingredients. Add wet ingredients and pour into greased and floured loaf pan. Bake for 50 minutes until done. Cool; serve.

EASY BAKING POWDER BISCUITS

Suzi Brunner

2 c. flour
2 1/2 tsp. baking powder
1/2 tsp. salt

Cut in 1/2 cup shortening until the mix is like cornmeal.

Add 3/4 cup milk and blend with a fork until moistened and pulls away from sides of bowl. Knead lightly and roll 3/4-inch. Bake on lightly greased pan for 12-15 minutes with oven set at 475°.

GERMAN CHOCOLATE CAKE

Suzi Brunner

2 c. sugar
1 c. shortening
2 eggs
1 c. sour milk*
1/2 c. cocoa
2 1/2 c. flour
1/2 tsp. vanilla
1/2 tsp. salt
1 c. boiling H_2O
2 tsp. soda

*(1 c. milk with 2 1/2 tablespoons lemon juice.)

Combine all of the above, adding the boiling water last. Mix well. Bake at 350° for 35-40 minutes.

Makes 2 (9-inch) cakes.

GERMAN CHOCOLATE CAKE FROSTING

Suzi Brunner

1 c. evaporated milk
1 c. sugar
3 slightly beaten egg yolks
1/2 c. butter or margarine
1 tsp. vanilla

Cook over low-medium heat; stir every now and then. Cook until thickened (12-15 minutes). Remove from heat. Add:

1 1/3 c. coconut
1 c. chopped pecans

Cook until thick enough to spread.

STRAWBERRY JELLO CAKE

Debbie Peterson

1 white cake mix, baked according to package directions
2 (10 oz.) pkgs. frozen strawberries
1 (10 oz.) pkg. strawberry jello
2 c. hot water
1 container Cool Whip

Bake cake in a 13 x 9 x 2-inch pan. While cake is baking dissolve jello in 2 cups of boiling water. Add frozen strawberries. Let partially set. Let cake cool. When jello is almost set, spread evenly over cake. Top with Cool Whip and let set until ready to serve.

RUM BALLS

Christina Latchford

1 (12 oz.) bag vanilla wafers
1 c. pecans, chopped
1 1/2 c. coconut, shredded
1 can Eagle Brand sweetened condensed milk
1/2 c. rum

Mix ingredients together. Chill 4 hours. Make into balls and roll in coconut. Serve and enjoy.

EASTER EGG CAKE

Vicki Schmick

angel food cake
1 lb. 5 oz. can fruit pie filling
3 3/4 oz. pkg. instant vanilla pudding mix
1 1/2 c. milk
1 c. dairy sour cream
coconut
food coloring

Place 4 cups of 1/2-inch cubes of angel food cake in serving tray. Spoon 1 pound 5 ounce can fruit pie filling over cake. Top with 4 cups of 1/2-inch cubes angel food cake. Combine 1 (3 3/4 ounce) package instant vanilla pudding mix, 1 1/2 cups milk and 1 cup dairy sour cream; beat smooth. Spoon over cake. Sprinkle with various colors of coconut. Chill 5 hours. Serves 9.

CHERRY WRAP-UPS

Dolores Poulin

2 c. powdered sugar
1/2 c. butter or margarine, softened
2 Tbsp. cocoa
1/2 tsp. almond extract
1/2 tsp. vanilla
dash salt
1 1/2 c. flaked coconut
1 (10 oz.) jar maraschino cherries with stems (drained well and dried on paper towel)
1/3 c. plain, finely crushed chocolate wafer crumbs

Mix sugar, butter, cocoa, extracts and salt. Stir in coconut. Wrap about 2 teaspoons of mixture around each cherry. Roll in crumbs. Refrigerate. Makes 2 dozen.

QUICK CRAZY CAKE

Dolores Poulin

1 1/3 c. flour
1 c. sugar
1/4 c. cocoa
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 c. bran flakes
1 c. milk
1/4 c. oil
1 Tbsp. cider vinegar
1 tsp. vanilla
1/3 c. nuts (optional)

Stir together flour, sugar, cocoa, baking soda, salt, cinnamon and nutmeg; set aside. In ungreased 8 x 8 x 2-inch baking pan, mix well. Stir in flour; mix well. Stir in flour mixture and nuts; mix well. Bake in preheated 350° oven 35-40 minutes or until pick inserted in center comes out clean. Cake may fall slightly in center.

(Cont.)

Cool on rack. Cut in squares or bars. Frost with a buttercream frosting or serve plain with whipped cream or ice cream.

Serves 9-12.

GOOD BARS!

Christina Latchford

Preheat oven to 350°.

1/2 c. margarine
1 1/2 c. graham cracker crumbs
14 oz. Eagle Brand condensed milk (sweetened)
6 oz. chocolate chips
1 1/3 c. coconut
1/3 c. chopped nuts

In a 13 x 9-inch pan, melt margarine in oven. Pour crumbs over margarine; mix together and press into bottom of pan. Pour milk over crumbs; put chips, coconut and nuts on top and press down. Bake 25-30 minutes until lightly browned. Cool before cutting.

PEANUT BUTTER BARS

Anne Wozniak

Mix together:

2 sticks butter, melted
1 1/2 pkgs. crushed graham crackers
2 1/2 c. confectioners sugar
2 c. crunchy peanut butter

Line a 9 x 13-inch pan with foil. Press the mixture into the pan. Melt a 6 ounce package of chocolate chips. Pour and spread over the mixture. Refrigerate until firm. Cut into bars and refrigerate again.

ALMOND CREAM CONFECTIONS

Becky Betz

1/2 c. butter
1/4 c. sugar
2 Tbsp. cocoa
2 tsp. vanilla extract
1/4 tsp. salt
1 egg, slightly beaten
1 c. slivered almonds, toasted and chopped
1 3/4 c. vanilla wafer crumbs
1/2 c. flaked coconut
Cream Filling
2 (1 oz.) squares semi-sweet chocolate

Combine butter, sugar, cocoa, vanilla, salt and egg in a heavy saucepan; cook over low heat, stirring constantly, until butter melts and mixture begins to thicken. Remove from heat; add almonds and next 2 ingredients, stirring well. Press firmly into an ungreased 9-inch square pan; cover and chill.

Spread Cream Filling over almond mixture; cover and chill.

Cut into squares. Remove from pan and place about 1/2-inch apart on a baking sheet; set aside.

Place chocolate in a zip-top heavy-duty plastic bag; seal. Submerge in hot water until chocolate melts. Using scissors, snip a tiny hole in end of bag; drizzle chocolate over Cream Filling.

Yield: 3 dozen.

Cream Filling:

1/3 c. butter, softened
1 egg
1/2 tsp. vanilla extract
2 1/2 - 3 c. sifted powdered sugar

Cream butter, beating at high speed of an electric mixer. Add egg and vanilla; mix well. Slowly add sugar, mixing until smooth.

Yield: about 2 cups.

GOLD COOKIES
(Uses egg yolks)

Suzi Brunner

1/2 c. butter or margarine
1 c. sugar
4 egg yolks
1 tsp. vanilla
1 1/2 c. flour
2 tsp. baking powder
1 c. nuts (chopped)
cinnamon mix (recipe follows)

Cream butter and sugar. Beat in yolks and vanilla. Stir in the baking powder and flour. Add chopped nuts if you want and chill for 1-2 hours.

Cinnamon Mix:

1 c. sugar
4 tsp. cinnamon
1/4 tsp. allspice

Roll into 1-inch balls and place on ungreased cookie sheet. Bake at 375° for about 10 minutes. Before baking, roll 1-inch balls in the cinnamon mix. DO NOT OVERBAKE. You can freeze these cookies!

FLORENCE'S JUMBLES

Judy Polonis

1/4 c. margarine
1/4 c. shortening
1 c. sugar
1 egg
2 c. flour
1/2 tsp. soda
1/2 tsp. salt
1/2 c. buttermilk
1 tsp. vanilla

(Cont.)

Mix above ingredients together (I use my food processor).

Drop onto greased cookie sheet by scooping batter onto a knife and pushing off with thumb.

Sprinkle each cookie with cinnamon/sugar.

Bake at 400° for about 10 minutes.

Makes 3 dozen 2 1/2-inch cookies.

NOTE: This is a soft, "cakey" cookie. To keep them soft, store in an airtight container.

CHEWY CHOCOLATE COOKIES

Pam Lipcsak

1 1/4 c. butter or margarine, softened
2 c. sugar
2 eggs
2 tsp. vanilla extract
2 c. all-purpose flour
3/4 c. cocoa
1 tsp. baking soda
1/2 tsp. salt
2 c. (12 oz.) pkg. semi-sweet chocolate chips

Heat oven to 350°. In large mixer bowl, cream butter and sugar until light and fluffy. Add eggs and vanilla; beat well. Combine flour, cocoa, baking soda and salt; gradually blend into creamed mixture. Stir in chocolate chips. Drop by teaspoonfuls onto ungreased cookie sheet. Bake 8-9 minutes. (Do not overbake; cookies will be soft. They will puff while baking and flatten while cooling.)

Makes about 4 1/2 dozen.

CARAMEL BARS

Kim Carlson

50 caramels
1/3 c. evaporated milk

Melt caramels and milk over low heat.

1 German chocolate cake mix - no eggs
3/4 c. margarine
1/3 c. milk
1 c. nuts
1 c. chocolate chips

Spread 1/2 of this batter in greased 9 x 13-inch pan. Bake at 350° for 6 minutes. Remove and sprinkle with chocolate chips and pour caramels over this. Drop rest of batter by spoonfuls over caramels. Return to oven and bake 15-18 minutes longer. Refrigerate for 30 minutes before serving.

CHOCOLATE CHIP CAKE

Shanna McLaughlin

Let stand:

1 c. cut-up dates
1 tsp. soda
1 c. hot water (tap)

Cream:

1 c. sugar
1 c. butter (margarine)

Add:

2 eggs
1 tsp. vanilla
1 3/4 c. flour
1/2 c. chocolate chips

Then add date mixture. Place in greased and floured 13 x 9-inch pan. Sprinkle 1/2 cup chocolate chips and 1/2 cup nuts on top. Bake at 350° for 40 minutes.

WATERGATE CAKE

Linda Balco

1 white cake mix
1 c. 7-Up
3/4 c. oil
3 eggs
1 box pistachio pudding mix (instant)
1/2 c. chopped nuts (optional)

Mix above and bake at 350° for 30-40 minutes. Use 2 layer cake pans.

Frosting:

1 box pistachio pudding mix (instant)
1 c. milk
1 pkg. Dream Whip

Mix above and add more milk if it seems too thick. Refrigerate cake due to the milk in the frosting.

TURTLE COOKIES

Lisa Brydon

1 pkg. German chocolate cake mix
2/3 c. evaporated milk
3/4 c. melted butter

Mix the above ingredients and put 1/2 of the cake mixture into a greased 13 x 9-inch baking dish. Bake for 15 minutes at 350°.

(Cont.)

1 (14 oz.) pkg. Kraft caramels
1/3 c. evaporated milk
1/2 c. chocolate chips
1/2 c. chopped nuts

Melt caramels with evaporated milk. Pour over cake then sprinkle chocolate chips and nuts over melted caramels.

Put remaining cake mixture on top and bake at 350° for 20 minutes.

Cool and cut into squares.

CHOCOLATE SCOTCH BARS

Lisa Brydon

Base:

1 pkg. coconut pecan frosting (dry)
2 c. Quaker Oats
1 1/2 c. flour
1/2 tsp. salt
3/4 c. melted butter
1/2 c. caramel ice cream topping

Top:

2 Tbsp. butter
1 (6 oz.) pkg. butterscotch chips
1 (6 oz.) pkg. chocolate chips
1 can sweetened condensed milk
1 tsp. vanilla

Heat oven to 350°; grease a 13 x 9-inch baking dish.

Add all base ingredients and blend together. Press 2 cups of mixture into bottom of the pan. Save rest for top.

In saucepan over medium heat, add all top ingredients and melt until smooth. Pour over base and crumble remaining dry mix on top.

Bake for 25 minutes. Cool and cut into squares.

RASPBERRY AND BLUEBERRY POUND CAKE

Barbara Kasych

Blend until smooth:

5 eggs
1 2/3 c. sugar

Add until fluffy:

1 1/4 c. butter, cut into tablespoon-size pieces
2 Tbsp. Kirsch

Add:

2 c. plus 6 Tbsp. flour
1 tsp. baking powder
1/2 tsp. salt

2 Tbsp. flour
1 c. raspberries
1 c. blueberries

Add flour to berries and fold into mixture. Pour into pan. Place in cold oven; turn to 300°. Bake for 1 hour and 25 minutes. Cool 5 minutes before removing from pan.

Can be prepared 1 day ahead - wrapped tightly and refrigerated.

Serve room temperature with ice cream or Cool Whip.

MARINATED 3-DAY CAKE

Barbara Kasych

Prepare 1 box chocolate cake mix per instructions. Bake in 2 layers. Cool and slice to make 4 layers.

Mix:

2 c. sour cream
1 large container Cool Whip
1 c. sugar
1 pkg. coconut

Wrap and refrigerate cake after layering and icing for 3 days.

DESSERTS

SHARON'S DELIGHT

Debbie Peterson

1 (3 oz.) pkg. vanilla pudding
1 (3 oz.) pkg. tapioca pudding
1 (3 oz.) pkg. strawberry jello
8 oz. container Cool Whip
1 can crushed pineapple, drained
1 pt. strawberries
2 bananas, sliced

In 3 cups of water combine the contents of 3 packages. Cook until thick and then refrigerate overnight. The following day add 8-ounce container of Cool Whip and the fruit. Serve.

BOURBON PECAN PUMPKIN PUDDING

Christina Latchford

1 1/4 c. sugar
1/4 c. unsalted butter, very soft
6 large eggs
1/4 tsp. salt
1/4 tsp. cinnamon
1/4 tsp. ground cloves
1/4 tsp. nutmeg
2 c. solid-pack pumpkin
1/3 c. bourbon
1/2 tsp. finely grated lemon rind
1/2 c. pecans, finely chopped
1 c. whipping cream, flavored with 1 tsp. bourbon (plus extra for topping)

(Cont.)

Preheat oven to 350°. Generously butter a 2-quart souffle or baking dish. Sprinkle dish with sugar; tap out excess sugar. Beat sugar and butter together in large bowl. Beat in eggs, 1 at a time, until smooth and light. Beat in salt, cinnamon, cloves and nutmeg. Add pumpkin, bourbon and lemon rind; beat until smooth. Stir in pecans. Beat 1 cup whipping cream to soft peaks. Gently fold into pumpkin mix. DO NOT OVER-MIX! Scrape mixture into prepared dish. Bake 35 minutes; then check for doneness by putting a fork into the middle of the pudding. If it comes out clean, it's done. If not, continue cooking and checking. Serve immediately with extra whipped cream; garnish with a sprinkling of nuts. This may also be served after chilling first.

Makes 10 servings.

PRALINE CHEESECAKE

Rose Leydorf

Crust:

1 c. graham cracker crumbs
1/4 c. chopped pecans
1/4 c. butter, melted

Filling:

3 (8 oz.) pkgs. cream cheese, softened
1 c. firmly packed brown sugar
3 eggs
2 tsp. vanilla
1 c. whipping cream

Topping:

1/2 c. firmly packed brown sugar
1/4 c. butter

Heat oven to 450°. In a small bowl combine crust ingredients; press firmly into the bottom of a 9-inch spring form pan.

In a large bowl beat cream cheese until fluffy. Add 1 cup brown sugar; blend well. Beat in eggs and vanilla until combined. Blend whipping cream until mixture is smooth and creamy. Pour into crust. Bake at 450° for 10 minutes. Reduce oven temperature to 250°; continue baking for 65-75 minutes or until center is set. (Edges will be firm.) Cool 10 minutes. Carefully remove sides of pan; cool completely.

In a small saucepan combine 1/2 cup brown sugar and 1/4 cup butter. Cook over medium heat until thick and well blended, stirring constantly. Spread evenly over top of cooled cheesecake. If desired, garnish with candied pecans (recipe follows). Refrigerate at least 2 hours before serving.

Makes 12-16 servings.

CANDIED PECANS

Rose Leydorf

1/2 c. firmly packed brown sugar
2 Tbsp. orange juice
1 c. pecan halves

Heat oven to 350°. Butter a 15 x 10-inch jelly-roll pan. Butter a sheet of foil or waxed paper; set aside. In a medium bowl, combine brown sugar and orange juice; blend well. Add pecans; toss to coat; spread on prepared pan. Bake at 350° for 10-13 minutes or until bubbly and dark golden brown, stirring occasionally. Immediately spread on prepared foil or waxed paper. Cool. Break apart.

Yields: 1 cup.

NOTE: I also used a little orange rind on top of the candied pecans. It added a little bit of color.

QUICK AND EASY BLACK FOREST DESSERT CAKE

Judy Kirschbaum

Make 1 Duncan Hines Swiss chocolate cake according to package directions for the butter recipe. Bake in a Bundt pan. Cool and cut into 2-3 layers. Spread layers with:

1 can cherry pie filling
1 carton Cool Whip

Top with final layer and make a chocolate glaze and drizzle over cake and serve.

I drizzle a little Kirsch liquor (cherry liquor) over cake layers while they are cooling.

Chocolate Glaze: Melt 2 squares of chocolate. Add 2 tablespoons butter and enough powdered sugar to add body but still make it thin enough to drizzle over cake.

BEVERAGES, MISCELLANEOUS

PINA COLADA PUNCH

Suzi Brunner

2 fifths champagne (not too dry)
2 bottles Master Mix Pina Colada
2 qts. 7-Up, chilled
3 trays ice cubes, crushed
1 (20 oz.) can crushed pineapple

Mix together in an 8- to 10-quart punch bowl.

Really good - use small glasses - can "hit" hard if too much too fast! ! !

CREME DE MENTHE PUNCH

Katy McGuffee

1 can limeade
1 can lemonade
8 cans water
1 can creme de menthe (may desire slightly less)

Combine ingredients and freeze.

To serve: Put 1 ice cream scoop of slush in each glass and fill with 7-Up or Sprite.

CORN CHEX MUNCHIES

Rose Leydorf

To 1 large box Corn Chex add:

1 can mixed nuts
1 c. sunflower seeds (salted)
1 c. raisins
whatever else you might like (before pouring syrup over)

Syrup:

2 c. brown sugar
2 sticks butter or margarine
1 tsp. salt
1/2 c. white corn syrup

Bring above ingredients to a boil; stir constantly for 1 minute. Remove from heat and add:

1 tsp. vanilla
1/2 tsp. baking soda

Pour Corn Chex, nuts, sunflower seeds, raisins and whatever else you add into a large container; add syrup and mix.

Place mixture on 2 lightly buttered cookie sheets. Bake at 250° for 1/2 hour on middle rack in oven to prevent burning.

CHRISTMAS ORNAMENTS

Christina Latchford

1 c. cinnamon (4 oz. can)
1 c. applesauce
1 tsp. ground cloves
1 tsp. ground allspice

Mix ingredients together. Roll out flat to approximately 1/4-inch thickness. Use favorite cookie cutters to shape. Place on cookie sheets. Bake at 250° - 275° for 5-6 hours. Use toothpick to make small hole at top of ornament for stringing to hang with ribbon.

FRUIT SALAD ICE

Becky Betz

1 (17 oz.) can apricots
1 (17 oz.) can crushed pineapple
1 c. liquid
1/2 c. sugar
3 (10 oz.) pkgs. frozen strawberries
1 (6 oz.) can frozen orange juice
2 Tbsp. lemon juice
3 bananas, diced

Drain apricots and pineapple, reserving liquid and add water to make 1 cup liquid, if necessary. Heat liquid and sugar until sugar dissolves. Add strawberries and their juice, orange juice and lemon juice. Cut up apricots and bananas and add to mixture along with the pineapple. Spoon into cupcake papers. Place in muffin tins and freeze until solid. Remove from freezer 10-20 minutes before serving.

HOT FUDGE SUNDAE SAUCE (Microwave)

Judy Polonis

3 squares unsweetened chocolate
1 tsp. salt
1 c. light corn syrup
1 1/2 c. sugar
1 Tbsp. cornstarch
1 c. milk (evaporated or regular)
4 Tbsp. butter (1/4 c.)
2 tsp. vanilla*

*If you are going to halve this recipe, still use 2 teaspoons vanilla.

Melt chocolate squares in microwave in big Corning Ware dish on MEDIUM or lower, or it will scorch.

Put butter in and melt.

Add corn syrup and milk; blend thoroughly. Bring to boil in microwave.

Add dry ingredients all at once (salt, sugar and cornstarch).

Cook until boiling, and boil for 5 minutes (on HIGH).

Remove and add vanilla.

Cool without stirring until pan feels warm to your hand, then serve.

Makes about 2 1/2 - 3 cups sauce.

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Write your extra recipes here:

INDEX OF RECIPES

APPETIZERS, PICKLES, RELISH

Barbecued Cocktail Meatballs 1
Ham Spread with Cloves 1
Chipped Beef Cheese Ball 1
Cheese Squares 1
Corned Beef Spread 2
Delicious Small Franks 2
Appetizer Pie 2
Crab Dip 2
Party Mix (Microwave) 3
Mexican Dip 3
Cheese Ball 3
Apricot Brandy 4
Donna B's Favorite Cracker Jacks 4
Bacon Poles (Microwave) 4
Cheese Snack Rounds 4
Microwave Beef Summer Sausage 5
Vegetable Dip 5
Shrimp/Jalapeno Dip 5
Vegetable Pizza 5
Cream Puffs with Cheese 6
Cheese Log 6
Beau Monde Dip 6
Marinated Mushrooms 7
Chunky Chili Con Queso 7
Sombrero Dip 7
Chili Con Queso (Dip) 8
Stuffed Mushrooms 8
Maple-y Appetizer 8
Walnut Chicken 8
Crabmeat Dip 9
Shrimp Dip 9
Tabbouleh (A Lebanese Dip) 9
Zucchini Appetizer 10
Spinach Balls 10
Chutney Cheese Pate' 10
Filo Appetizer 11
Sausage-Cheese Balls 11

SOUPS, SALADS, DRESSINGS AND SAUCES

Cucumber Sauce 13
German Cole Slaw 13
Zucchini Soup 13
Baked Turkey Salad 14
Dreamy Banana Salad 14
Freezer Cole Slaw 14
Homemade Potato Soup 14
Cheese Soup 15
Chocolate Sauce 15
Cream of Broccoli Soup 15
Tuna on a Shoestring 16
Raspberry Bubble Salad 16
Spinach Salad Flambe 16
Cauliflower Salad 16
Korean Spinach Salad 17
Hot Bean Salad 17
Shrimp and Rice Salad 18
Curried Crab-Rice Salad 18
Fruit Salad 18
Mandarin Orange Salad 18
Hot Chicken Salad 19
Pea Shrimp Salad 19
Hot Chicken Salad 19
Pineapple-Peanut Salad 20
Korean Salad 20
Sally's Cranberry Relish 20
Salsa 20
Pineapple-Chicken Salad 21
Hot Chicken Salad 21
Marinade for Steak-Teriyaki 22
Sweet and Sour Mustard 22
Beer Cheese Soup 22

MAIN DISHES -- MEAT, SEAFOOD, POULTRY

Barbecue Beef Brisket 23
Hungarian Goulash 23
Beef and Green Peppers 23
Green Pepper Steak 24
Chinese Egg Roll Filling 25
Chinese Chicken Walnut 25
Hamburg Barbecue 25

Chicken Kiev 26
Peter's 5-Alarm Chili 26
Sweet-Sour Pork 26
Continental Chicken 27
Creamy Chicken and Wild Rice 27
Dutch Meat Loaf 27
South-of-the-Border Turkey Bake 28
Pork Chop Kountry 28
Chinese Sweet and Sour Pork 29
Tacoritos 29
Tuna Curry 30
Chicken Tetrazzini 30
Veal Smothered in Mushrooms 31
Miae's Korean Chicken 31
Classic Welsh Rarebit 31
Seafood Belmont 32
Toothcare 32
Pittsburger-ers 32
World's Hardest Chicken 33
Chicken Divan 33
Beef Stroganoff 33
Maria's Mousaka 34
Fish Roll-Ups 34
Quick Newburg 35
Sweet and Sour Pot Roast 35
Beef and Beer 36
Burgandied Beef 36
Chicken Jacqueline 36
Chicken a la Dan 37
Lively Liver Strips 37
Stewed Chicken 37
Chicken Enchiladas 38
Scalloped Scallops 38
Baked Stuffed Shrimp 38
Savory Bow Ties 39
Beef Roulade Stuffed with Jalapena Rice Dressing 39
Pork Chop Suey 39
Easy Roast with Vegetables 40
Chicken with Chipped Beef 40
Chinese Hamburger 40
Plum Good Pork Ribs 41
Barbecued Chuck Steak 41
Fruit Glazed Chicken 41
Parmesan Pork Chops 42
Pastitsio (Greek) 42

778 Bel e, N

MAIN DISHES -- EGG, CHEESE, PASTA AND CASSEROLES

Frying Pan Lasagne 43
Green Chili Appetizer 43
Spaghetti Pie 43
Rice and Ham Casserole 44
Spaghetti Sauce 44
Shrimp Chinese Bake 45
Mexican Casserole 45
Ham and Cheese Quiche 45
Hot Crab Souffle 46
Southwestern Quiche 46
Breakfast Casserole 46
Quick Quiche 47
Ham and Cheese Dish 47
Moussaka 47
Bechamel Sauce 47

VEGETABLES

Fried Rice 49
Green Bean Casserole Supreme 49
Marinated Carrots 49
Spinach Casserole 50
Karyl's Beans 50
Carrot Bake with Basil 50
Bessie's Quick Potatoes 50
Sweet Potato Delight 50
Broccoli-Rice Casserole 51
Rice and Green Chilies 51
Broccoli Nut Casserole 51
Potatoes Romanoff 51
Bean Casserole 52
Rice and Broccoli 52
Crusty Corn Casserole 52
Zucchini Lasagne 53
Savory Rice 53
Green Beans with Almond Casserole 53
Green Rice 53

BREADS, ROLLS, PIES, PASTRY

Banana Bread (The Best) 55
Moist and Yummy Banana Bread 55
Banana Wheat Quick Bread 55
Rum Buns 55
Cheese-Filled Bread 56
Pumpkin Bread 57
Onion Sticks 57
Wheat Germ Muffins 57
Beer Bread 58
Lemon Bread 58
Paris Puffins 58
Spoon Bread 58
Crescent Rolls 59
Hush Puppies 59
No-Roll Pie Crust 59
Blushing Peach Pie 60
Mile High Strawberry Pie 60
Cracker Pie 60
Simple Homemade Bread 60
Cinnamon Loaf 61
Poppy Seed Bread 61
Hershey Bar Pie 62
Poppy Seed Loaf Delight 62
Chocolate Angel Pie 62
Streusel Cream Apple Pie 63
Ice Cream Pie 63
Easy Cheesecake 64
Pecan Pie 64
Easy Sweet Rolls 64

CAKES, COOKIES, ICINGS

Mandarin Orange Cake and Topping 65
Topping 65
Almond Loaf Griddle Cake and Topping 65
Topping 65
Cream de Menthe Dessert Cake 66
Coconut Cake 66
Carrot Cake and Frosting 66
Frosting 66
Pig Pickin' and Topping 67
Topping 67

Crazy Chocolate Cake and Frosting 67
Frosting 67
Susan's Blueberry Bars with Lemon Frosting 67
Lemon Frosting 68
Apple Glaze Cake and Topping 68
Topping 68
Coconut Peanut Butter Bars 68
Angle Cookies 69
Potato Chip Cookies 69
Choco-Crowned Acorn Cookies 70
Tender Sugar Cookies 70
Swedish Chocolate Nut Cookies 70
Fresh Apple Cake 71
Dream Bars 71
Brownies Supreme 71
Swedish Pepparkaker 72
Apple-Oatmeal Cookies 72
Nut Goodie Bars 72
Surprise Cookies 73
Sugar Cookies 73
Carrot Cookies 73
Chocolate Mint Cookies 74
Cream Cheese Dainties 74
Chocolate Snowflake Mixture 74
Swedish Sugar Cookies 75
Miracle Whip Cake 75
Holiday Lizzies 76
Applesauce Date Nut Cake 76
Banana Split Cake 76
Topping 77
Crescent Nut Cakes 77
Chocolate Chip Oatmeal Cookies 77
Chocolate Layer Cookies 78
Melissa's Forgotten Cookies 78
Lemon Squares 79
Chocolate Split Levels 79
Snickers Cake 79
Pudding Cake 80

DESSERTS

Extra-Special Chocolate Dessert 81
Chocolate Vienna Torte 81
Frozen Orange Dessert 82

Mrs. Sault's Rice Pudding 82
No-Cook Ice Cream 82
Grandma's Trifle 82
Strawberry Creme Sponge Roll 83
Cheese Cake 84
Flan (Peru) 84
Danielle's Cheesecake 84
Almond Puff 85
Glaze 85
Fudge Meltaways 86

CANDY, JELLY, JAM, PRESERVES

Microwave Peanut Brittle 87
Bessie's Microwave Peanut Clusters 87
English Toffee 87
Chocolate-Covered Cherries 87

BEVERAGES, MISCELLANEOUS

Swiss Mocha 89
Diet Wine 89
Perfection Punch 89
Denver Smith Club Iced Tea 89
Punch 90
Daiquiri Punch 90
Hot Punch 90
Sangria 90
Banana Slush Punch 90
Party Punch 91
Orange Whip 91
Russian Tea Mix 91
Percolator Punch 91

MORE FINE RECIPES FROM
THE LADIES OF THE 55TH

APPETIZERS, PICKLES, RELISH

Cheesy Spinach Loaf 93
Broccoli Curry Dip 93
Hamburger-Sausage Appetizers 94

Sweet-Hot Mustard 94
Quick and Easy Vegetable Dip 94
Molded Avocado Pinwheel 94
Crab Dip 95
California Hot Clam Dip 95

SOUPS, SALADS, DRESSINGS AND SAUCES

Meat Marinade 96
German Lentil Soup 96
Pasta Salad 97
Pasta Salad Dressing 97
Mom's Strawberry Jello Salad 97
Cranberry Nut Jello 98

MAIN DISHES --
MEAT, SEAFOOD, POULTRY

Chicken Parmesan 98
Steamed Fish 98
Flank Steak 99
Deep Dish Crab Quiche 99
Ham and Cheese Puffs 99
Baked Italian Spaghetti 100
Chicken Diane 100
Grilled Teriyaki Pork Chops 101
Zucchini Quiche 101
Leftover Meat Roll-Up 101
Hamburger Hot Dish 102
Cathy's Chicken 102
Turkey/Chicken-Cheddar Casserole 102
Chicken Macaroni 103
Stuffed Flank Steak 103
Texas Brisket 104

MAIN DISHES --
EGG, CHEESE, PASTA AND CASSEROLES

Ham and Cheese Sandwiches 104
Weekend Breakfast Special 104

VEGETABLES

Scalloped Carrots 105
Sweet Potatoes 105

BREADS, ROLLS, PIES, PASTRY

French Chocolate Pie 105
Oatmeal Muffins 105
Dilly Bread 106
Chocolate Cream Pie 106
Cheese Pan Bread 107
Honey Bread 107
Easy Baking Powder Biscuits 107

CAKES, COOKIES, ICINGS

German Chocolate Cake 108
German Chocolate Cake Frosting 108
Strawberry Jello Cake 108
Rum Balls 108
Easter Egg Cake 109
Cherry Wrap-Ups 109
Quick Crazy Cake 109
Good Bars! 110
Peanut Butter Bars 110
Almond Cream Confectioners 110
Cream Filling 111
Gold Cookies 111
Florence's Jumbles 111
Chewy Chocolate Cookies 112
Caramel Bars 112
Chocolate Chip Cake 113
Watergate Cake 113
Frosting 113
Turtle Cookies 113
Chocolate Scotch Bars 114
Raspberry and Blueberry Pound Cake 114
Marinated 3-Day Cake 115

DESSERTS

Sharon's Delight 115
Bourbon Pecan Pumpkin Pudding 115
Praline Cheesecake 116
Candied Pecans 117
Quick and Easy Black Forest Dessert Cake 117

BEVERAGES, MISCELLANEOUS

Pina Colada Punch 117
Creme de Menthe Punch 118
Corn Chex Munchies 118
Christmas Ornaments 118
Fruit Salad Ice 119
Hot Fudge Sundae Sauce (Microwave) 119

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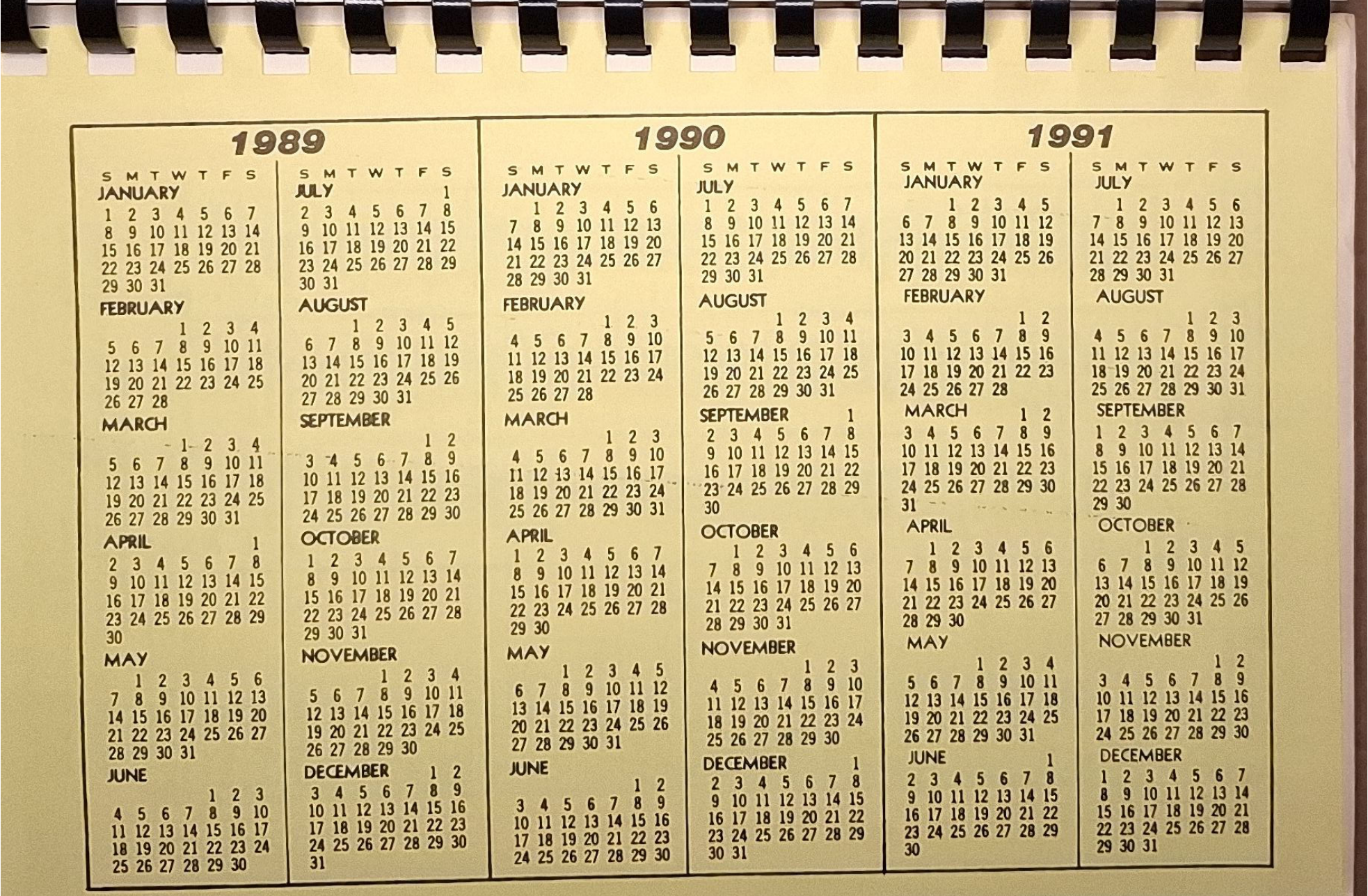
Notes:



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DATES TO REMEMBER

	1989	1990	1991
NEW YEAR'S DAY	Sunday January 1	Monday January 1	Tuesday January 1
DR. KING'S BIRTHDAY	Monday January 16	Monday January 15	Monday January 21
LINCOLN'S BIRTHDAY	Sunday February 12	Monday February 12	Tuesday February 12
VALENTINE'S DAY	Tuesday February 14	Wednesday February 14	Thursday February 14
WASHINGTON'S BIRTHDAY (Observed)	Monday February 20	Monday February 19	Monday February 18
ASH WEDNESDAY	Wednesday February 8	Wednesday February 28	Wednesday February 13
ST. PATRICK'S DAY	Friday March 17	Saturday March 17	Sunday March 17
PALM SUNDAY	Sunday March 19	Sunday April 8	Sunday March 24
GOOD FRIDAY	Friday March 24	Friday April 13	Friday March 29
EASTER	Sunday March 26	Sunday April 15	Sunday March 31
PASSOVER (First Day)	Thursday April 20	Tuesday April 10	Saturday March 30
MOTHER'S DAY	Sunday May 14	Sunday May 13	Sunday May 12
NATIONAL MEMORIAL DAY (Traditional — Always Observed May 30)	Monday May 29	Monday May 28	Monday May 27
FATHER'S DAY	Sunday June 18	Sunday June 17	Sunday June 16
INDEPENDENCE DAY	Tuesday July 4	Wednesday July 4	Thursday July 4
LABOR DAY	Monday September 4	Monday September 3	Monday September 2
ROSH HASHANAH	Saturday September 30	Thursday September 20	Monday September 9
YOM KIPPUR	Monday October 9	Saturday September 29	Wednesday September 18
COLUMBUS DAY (Observed)	Monday October 9	Monday October 8	Monday October 7
HALLOWEEN	Tuesday October 31	Wednesday October 31	Thursday October 31
ELECTION DAY	Tuesday November 7	Tuesday November 6	Tuesday November 5
VETERAN'S DAY	Saturday November 11	Sunday November 11	Monday November 11
THANKSGIVING	Thursday November 23	Thursday November 22	Thursday November 28
CHANUKAH	Saturday December 23	Wednesday December 12	Monday December 2
CHRISTMAS	Monday December 25	Tuesday December 25	Wednesday December 25

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